

Transformational Healing by Jamie Saloff

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Jamie Saloff grew up in an environment where doctors' prognosis' were *just a part of life*. From the ages of 3 to 15, she watched her father spend his days in and out of hospitals. He passed away, after losing a leg and becoming bedridden, when she was just 15, but her interactions with doctors didn't end there.

Diagnosed with cancer at a young age, as well as sustaining injuries from a car accident, Ms. Saloff watched as her physical being began to mirror her father's. Becoming nearly reclusive while living with [chronic pain](http://www.examiner.com/topic/chronic-pain) (<http://www.examiner.com/topic/chronic-pain>),

she was finding no answers in traditional medicine. It was at this point she realized she needed to do *something more* to help herself – to not end up as her father had - and this is when she began a life-long journey of discovery.

Devouring every book on healing, diet and nutrition, health, popular psychology, metaphysics, astrology, numerology, spirituality and more, Ms. Saloff went in search of answers to heal her life. Nothing she found seemed to address her individuality. After much prayer and seeking, she wrote a book using techniques she had collected and created from her own long and arduous journey.

Ms. Saloff's book, ***Transformational Healing: Five Surprisingly Simple Keys Designed to Redirect Your Life Toward Wellness, Purpose, and Prosperity***, is comprised of five key sections, covering 428 pages of text, diagrams, references, and easy-to-understand processes. Simple in form, the exercises are designed to quickly surface old programming and "baggage" so it can be cleared away, making room for more living and joy.

Her processes work *first* with the mind, which she believes is where most illness begins. Working with the core emotional level and using symptoms of present or past ailments, she teaches how these aches, pains, and annoyances connect to the emotional core. She teaches that once this connection is understood, the process to correct the mind usually alleviates the symptom. Healing comes when the pain stops, whether the pain is emotional or physical.



Transformational [Healing](http://www.examiner.com/topic/healing) (<http://www.examiner.com/topic/healing>), by Jamie Saloff



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Robin Cain, Scottsdale Book Examiner

Robin Cain, author of *WHEN DREAMS BLEED*, has been an avid reader her entire life. The beauty of the written word is what inspired her to become a novelist and something she wants her readers to share. Come join her as she discusses some of the best of her "Recently Read" pile. ...