



Your Eternal Self

By Dr. R. Craig Hogan

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Since research scientists began to delve into the nature of the mind and the afterlife in the last quarter of the twentieth century, humankind has made remarkable discoveries that have left researchers in wonder and awe. Your Eternal Self contains descriptions of the results of the thousands of studies that have pointed unmistakably to the finding that we are eternal beings having a physical experience. Death is an illusion. Even hard-nosed skeptics described in the book have changed their viewpoints in light of the evidence. Your Eternal Self describes carefully controlled, scientific research done by biologists, physicists, neuroscientists, physicians, psychologists, Nobel laureates, and other renowned scientists showing that the mind is outside of the brain, people see and know things they couldn't know if the mind were in the brain, the afterlife is as real as this life, people's minds are united, and our consciousness actually changes the environment in which we live. The book cites 330 sources from many prestigious scientific, psychological, and medical journals, but distills the essence of the research without technical detail, bringing it down to practical, daily life. It is easy reading and full of fascinating anecdotes and explanations. Your Eternal Self ends by describing what our purpose seems to be in life, what true spirituality is, how people can grow spiritually to change themselves so they have love and bliss in their lives, how they can provide that loving legacy for their children's children, and what the research has shown about the world of the afterlife.

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Editorial Review

About the Author

R. Craig Hogan, Ph.D., co-authored *Induced After-Death Communication: A New Therapy for Healing Grief and Trauma*, *Guided Afterlife Connections*, and the *Personal Styles Inventory*. He is editor of the book, *Afterlife Communication*. Dr. Hogan is on the boards of the *Academy for Spiritual and Consciousness Studies*, *Association for Evaluation and Communication of Evidence for Survival*, and the *American Society for Standards in Mediumship and Psychological Investigation*. He wrote two books on business writing, co-authored a book training supervisors in schools to more effectively work with teachers, and developed several Web sites devoted to spiritual understanding.

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