



Epiphanies: Where Science and Miracles Meet

Ann Jauregui Ph.D.

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In a quiet moment of therapy, a breakthrough comes -- the miracle of the new.

To experience an epiphany is to have sudden insight into the essential meaning of something, unleashed sometimes in exquisitely slow motion, sometimes in a flash. In an intimate, lyrical integration of the science of psychology and transcendence of spirituality, celebrated clinician Dr. Ann Jauregui introduces us to nine individuals who have undergone astonishing transformations by exploring a world quite different from the one described by our five senses. With moments of miraculous and joyful surprise, *Epiphanies* exposes a reality outside of everyday existence that has momentous implications for life's ultimate questions.

"Shyly we venture out with these stories," Dr. Jauregui writes, "into a world where science itself is struggling to describe a realm out of time and space and language." We are the beneficiaries of these extraordinary shifts of perspective, invited into a sparkling conversation that allows us to see the potential residing in all of us.

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