

COULD THIS BOOK HAVE SAVED MICHAEL JACKSON?

Author reveals the "number one healing secret" that might have healed him

August 10, 2009, Newport, Isle of Wight (UK) and Denver, CO – Healing expert Caryl Westmore, author of new book, *You Can Break-Free Fast; Three Simple Steps to Get Unstuck and Attract the Life You Love*, has discovered the one secret she believes could have saved Michael Jackson's life.

Jackson, who died June 25, aged 50, often referred, on TV and in the press, to his "stolen childhood" as a show-biz kid with a strict abusive father whom he feared and hated. Westmore's book shows how intense or traumatic memories from childhood can sabotage Adult life and lead to addictions, negative beliefs, unhappiness and pain. The life-saving secret, says Westmore, is deleting the memories in the brain's hard-drive using, for example, the 3-step "You Can Break-Free Fast Formula," and then replacing them with positive input.

Healing expert Caryl Westmore, author of a new book on emotional healing ***You Can Break-Free Fast***, believes Michael Jackson's life could have been "saved" if only he had had a chance to heal his damaged childhood.

Michael Jackson, who died June 25, aged 50, often referred, on TV and in the press, to his "stolen childhood" as a show-biz kid with a physically and emotionally abusive father who instilled fear and hatred in him. His haunting song: "[Have You Seen My Childhood](#)" vividly captures his pain and longing.

Westmore believes this throws light on Jackson's addictive, sad and bizarre behaviors. Her book, based on more than 10 years as an intuitive healer, shows how intense or traumatic memories from childhood can sabotage Adult life and lead to addictions, negative beliefs, unhappiness and pain, including insomnia.

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The Book's Promise

As Westmore's book reveals, there is a simple 3-step formula that can help anyone to "break-free fast," and begin to attract and live the life they love.

In Part 1 Chapter 3, entitled "Your Inner Child", she describes several case studies of clients who had life-changing sessions that set them free from issues like writer's block, eating disorders and dysfunctional behavior. In every case their pain had been "set up" in childhood and could be released swiftly from with what she calls a "break-free-aha."

"There are two key times in childhood when I notice that people get blocked or stuck...between the ages of 0-10 and again in the teenage years," says Westmore.

"We now have tools like Emotional Freedom techniques 'tapping' to erase and clean the emotional brain of specific traumatic memories, phobias and fears in a way that talk therapy can't do," she says.

In chapter 4 of ***You Can Break-Free Fast***, the author refers to the latest scientific and medical findings about the brain and how these can throw light on emotional healing. For instance psychiatrist Dr Servan-Schreiber, author of *Healing without Freud or Prozac* used research from the University of Pittsburg to explain "the two brains within the brain" - one cognitive and the other emotional. His research concluded that there are alternative ways to heal by accessing this emotional brain – ways that do not depend on talk therapy (Freud) or drugs (Prozac).

In ***You Can Break-Free Fast***, the author frankly uses her own life story as proof of this, telling:

- How she once simmered with anger, hatred and pain which she had carried into adulthood due to growing up with an abusive alcoholic father.
- How she discovered the secrets to clear and dissolve this pain only after a series of tragedies left her homeless, broke and alone at 50.
- How this method clears the way for powerful results with the **Law of Attraction** with regard to health, wealth, love and happiness.
- How this eventually led to an "awakening" and discovery of a Divine Life Purpose to help and heal others.

"Once you get unstuck and free from past pain and negative beliefs," says Westmore, "your ability to attract and live the life you love becomes easy because you are in the flow of your passion, power, peace and purpose. That's when you can attract and manifest your inspired dreams and goals, connected to your authentic self."

3 SIMPLE STEPS

Part 3 of her book describes the "Break-Free Fast Formula" for success in 3 simple steps:

Step 1: Ask: Where am I stuck or hurting?

Step 2. Ask: What set this up?

You now explore your issue verbally while at the same time using your fingers to tap on certain meridian points on the face, hands and body. This technique called "tapping" is all described in detail in the book and at www.breakfreefast.com/tapping

Step 3: Expect a "break-free-aha" in which the precise memory - or memories - which are the root cause of your problem will emerge, usually triggering tears, sighs or even laughter as you experience a feeling of freedom and well being.

She recommends readers get a coach, therapist or knowledgeable friend to work with them at first – but in time the system can be done in conjunction with journaling, meditation or simply "in the moment" when you feel stuck or stifled.

Finally, could this method of emotional-energy healing have saved Michael Jackson?

"We'll never know," says Westmore. "One thing is for sure, we can learn some valuable lessons and insights from his story which I've compiled in a free Tip Sheet: '**Michael Jackson: Healing Tips that could heal – or save – your life**'. It is available at [my website](#) as one way to make sense of Jackson's tragic end."

You Can Break-Free Fast by Caryl Westmore (Foreword by Joe Vitale) is published by Outskirts Press and available from [Amazon](#) and [Barnes & Noble](#) at \$13-95.

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