

# Healing Techniques for Change

Invitation to Greatness

by Katherine Nuyens, MA, CH, CBT

A Creative Workbook for:

- Inner Reflection
- Self Expression
- Clearing Blocks
- Creating New Patterns

This creative workbook is a compilation of meaningful exercises to facilitate the reader's own healing process. It is a personal journey to discover the inner healer, our own loving essence. Learn specific healing techniques to gain emotional freedom and peace of mind. You will discover how you can create a successful life's script.

[See the Table of Contents](#)

[Read the chapter "Choosing the Path to Greatness"](#)

[Instant download of the eBook - \\$25](#)

What others are saying about this book:

Katherine Nuyens is a new voice to be heard. Her work is refreshing and disarmingly honest. She shares herself and her life experiences generously, stimulating the readers' sense of wonder and gratitude. The work of this book offers much for personal reflection as well as a solid source book for the therapist. Nuyens' style is gentle and inviting, coupled with encouraging optimism.

Thomas Cote Cullaton, Ph.D.

Director, the MORIAH Center for Human Development

"Invitation to Greatness is filled with heartfelt wisdom and joy that empowers the reader to lovingly access one's inner greatness and depth. Teacher and writer, Katherine Nuyens, shares from her own experiences, making this workbook a fulfilling and meaningful journey for anyone ready to clear old patterns and be the magnificent being they were born to be."

--Laura Hyde, author of *The Intimate Soul and Gifts of the Soul*

Katherine Ann Nuyens has created a treasure trove of wisdom to help us get in touch with our deepest selves in *Invitation to Greatness*. This innovative workbook overflows with opportunities for each one of us to access our sacred center and reflect on our life journey. Perfect for counselors, or anyone ready to embark on a voyage of self-discovery, the exercises within engage us with delightful graphics, and creative, yet, thought provoking activities."

Jan Deremo Forrest

author of *Coming Home to Ourselves*

and *Awakening the Spirit Within*

"Katherine's book is right on target in helping me work through various thought processes. The format she uses encouraged me to open my mind and be more focused and to resolve issues. I now feel ready to move forward in my life as a result. I highly recommend this workbook for anyone who wants to pursue personal growth and have the life they desire."

--Laurie Freshour, *Selling Edge Strategies, L.L.C.*

Katherine Nuyens's Invitation to Greatness is an excellent collection of healing practices. In addition to providing a path for anyone to travel a healing journey, the workbook is an excellent resource for healers wishing to offer homework assignments to their clients. The practices cover many aspects of healing. Katherine shares an uplifting philosophy.

Errol D. Schubot, Ph.D.

"This book is a truly incredible self-help tool, as well as a loving book to accompany workshops or sessions for personal growth. It's a creative and thoughtful workbook. Katherine shows her compassionate ability to impact others' lives. She has gathered together materials that will help people on their paths to self knowledge. Beautifully done!"

--Marilyn Gordon, author of Extraordinary Healing

and Healing is Remembering Who You Are

Katherine Nuyens is a very wise woman. Katherine's warmth, love, caring, personal sharing, and expertise are the heart of this valuable self-help book. It is easy to read, and the exercises are both fun and enlightening. Whether you choose to do all, or only some of the exercises -- or to just read and learn, you will find valuable tools here. I did. Thank you, Katherine, for this rewarding experience.

Jennifer Jennings, M.A., CHT, C.I., BCH

Founder/Director of the Hypnosis Training Institute

of Santa Barbara, California