



The changing worlds within: The transitional process

Maree de Suza

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The changing worlds within was written for the sole purpose of bringing into the open the often terrifying changes affecting millions of people of all ages throughout the world. Thousands now struggle daily with anxiety attacks, emotional surges, and for many a complete loss of will to function in the world. This book shares the journeys undertaken by myself and others. We examine the transitional process and what happens when we (in computer terms) update our brains software programs and more importantly, the enormous changes made to our hardware, or, as we call it, our physical body. We learn how to assist others, how to help ourselves when assisting others, and, how to help ourselves when in the throes of a transitional process. More importantly, we examine the probability that many of us are not suffering from a long-term mental disorder but the effects of a natural evolutionary process. It is my hope that the writings held within this small book will be of some assistance. It covers a lot of ground and gives few answers, but it's a start.

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