



Health, Happiness, & Family Constellations: How Ancestors, Family Systems, and Hidden Loyalties Shape Your Life--And What YOU Can Do About It

Michael Reddy

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This book provides a very different way to leave chronic suffering behind. Whether it's emotional or physical, regardless of the diagnosis, much of it is not anchored in you the individual. We suffer with and for those we have loved. With engaging personal stories, and simple explanations of dramatic transformations, Michael Reddy shares with you the missing link in healing.

What gives all of us life, along with our sense of how love comes to us in the world, is a tightly-knit group experience known as THE FAMILY. Regardless of its quality, we bonded to this experience, and remain faithful in hidden ways. Family Constellations reveal and re-align hidden loyalties to unaccepted issues or events in your family's past that anchor change-resistant problems.

They work directly with the family's subconscious system, or "soul." This is actually a collective, transgenerational intelligence that evolved long before rational thinking and individuality. It tends to distribute emotional burdens so that the family can survive. But if we don't let go of these burdensome bonds in later life, they block our greater health and fulfillment.

This book tells the exciting and important story of how such bonds were formed and now released by constellations. The five simple chapters have excited counseling and healthcare professionals, intelligent people seeking improved health and wellness, and even constellation trainees and their trainers. Reddy reframes the central insights and explains things left previously largely implicit. At once practical, and uniquely theoretical, his writing reveals for a much wider range of readers the inner workings of the human family soul.

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