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Who knew iniquity could feel so pulsating and

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immensely purifying? “Seven Deadly Sins,” New York City theater’s newest unholy outdoor experience, tests the limits of how far live theater can go amidst ...

‘Seven Deadly Sins’ Review: Taking Orthodox Theater Outdoors Without Defiling the Soul

The new playwrights are Ngozi Anyanwu (Gluttony,) Thomas Bradshaw (Sloth,) MJ Kaufman (Pride,) Jeffrey LaHoste (Envy,) Ming Peiffer (Wrath) and Bess Wohl (Lust.) Performers include Tricia Alexandro, ...

Moisés Kaufman brings to NY whole new ‘Seven

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Deadly Sins'

(Ming Peiffer's harrowing take on Wrath, about a dominatrix and her new client, requires abrupt shifts in character that could really use more stage time.) The highlight of the evening comes from the ...

Hair loss affects people of all ages and can be caused by a wide variety of factors. Whatever the cause of hair loss, there are natural remedies and therapies that can help the body detoxify and rebalance itself and

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enable healthy hair to grow again. Containing a wealth of research and easy-to-understand tests and advice that the reader can put into practice straightaway, this book covers a full range of natural approaches, from nutrition and hypnotherapy, to detoxification and bodywork exercises. There is a self-hypnosis CD included to aid stress reduction, an important factor in treating hair loss naturally. This will be a supportive guide for anyone affected by hair loss as well as the complementary therapists wanting to learn more about the options available for clients with hair loss problems.

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Vera Peiffer's thoroughly practical and no-nonsense bestseller, which has already helped thousands regain their lust for life.

Too often we neglect our own needs while looking after others dependent upon us, such as children, aging parents, or employers. Trained hypnotherapist and psychoanalyst Vera Peiffer explains how our sense of duty to others can be a trap that keeps us from fulfilling our own needs. This unique, inspiring book helps us find our way out of the duty trap without guilt.

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A companion volume to Positive Thinking, this text aims to show readers how their outlook on life can be transformed by learning how to stay optimistic, despite life's inevitable ups and downs. Life is one long succession of ups and downs. Sometimes the downs seem to take over. Yet if you develop a more optimistic outlook, you can transform your life and not let the inevitable problems and setbacks bring you down.

This introductory guide gives a definitive introduction to hypnotherapy. It explains

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what hypnotherapy is, how it works, what its origins are, what to expect when you go for a treatment and how to find a reputable hypnotherapist. It also looks in detail at how hypnotherapy can be used to address difficult memories and help with mental and emotional trauma, anxiety, depression, phobias and confidence problems, and unwanted habits such as smoking. This comprehensive introduction will provide guidance for everyone interested in learning about hypnotherapy and its benefits, as well as students, life coaches and counsellors.

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A guide that shows the single person how being single does not have to bring with it a diet of loneliness, isolation and boredom. Whether the reader is divorced, bereaved or simply on their own, this book is full of advice and encourages a positive self-image. It includes examples of happy singles.

A self-help manual by well-known hypnotherapist and psychotherapist Vera Peiffer, offering up-to-date solutions for anyone who wants to overcome their fears, phobias, panic attacks, anxiety or obsessive-compulsive disorder. This updated and

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extended edition is available only as an ebook and comes with a free MP3 recording. Start living again!

LIFE'S TOO SHORT. BE HAPPY! Staying positive in the face of personal and professional setbacks can be tough, and those negative thoughts can soon drag down every part of your life. Don't be plagued by negativity. STAY POSITIVE. NO MATTER WHAT The single most important step you can take to reach your goals is to train your brain to think positively. Positive Thinking is your programme for learning the new language of

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positive thought and finding your strength in those beliefs to act and make things happen.

A special bonus chapter on personal confidence helps focus your energy on achieving your goals. The book helps you:

- Identify the triggers for negative thoughts
- Turn negative thoughts into positive ones
- Accept setbacks and make the most of undesirable situations
- Mute the impact of others negative attitudes
- Use positive action to get what you want

Stress management is dealing with stress in a positive way to ensure good health and

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general well-being. Gives practical techniques to change your life.

Vera Peiffer's thoroughly practical and no-nonsense bestseller, which has already helped thousands regain their lust for life.

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