



## The Mind Shaman

*Luca Bosurgi*

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## **The Mind Shaman** Luca Bosurgi

Over the past 20 years, Luca Bosurgi has developed a new way looking at the reasons and solutions for anxiety, depression and addiction. Instead of writing a dry text book explaining his work, he has put the information into story form about a young man named Liam, who is trying to find meaning in his life - he feels caught in an endless cycle where depression and alcohol are holding him back and creating despair. When he meets Luca he learns the cause of his miseries - the instinctual habit that has kept him from taking control over his life. Liam learns how codependency, the natural response that keeps children bonded to their parents, can become a crippling condition if it is not terminated at puberty, preventing one to take charge over their life. As Liam discovers how to overcome his condition he claims sovereignty over his life ending the cycle of depression and addiction. This book, The Mind Shaman, is especially relevant for a modern society where so many young people are unable to reach emotional, financial and physical independence.

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