

New book peers through the veil between worlds

'Stories from the Other Side' presents author's experiences speaking with the departed

SHERWOOD PARK, Alberta, Canada – Anny Slegten's new book "Stories from the Other Side: Conversations with those who passed away" (published by [Balboa Press](#)) is about what happens to the soul once the body dies.

"I first got in contact with the souls of people who had passed away during a private one-on-one hypnotherapy session," Slegten says. "It was fascinating to learn about their earthbound existence before moving on to what is referred to as nirvana, heaven, so fascinating and comforting that I decided to share the information for all to know."

An excerpt from "Stories from the Other Side":

"What I really want from writing and publishing 'Stories from the Other Side,' as well as the many other books still in their infancy, is the same thing as when people come to see me for private hypnotherapy sessions: to help people achieve comfort and peace of mind, whatever that may mean to them. Being at peace with oneself is truly the key to mental health, sound decisions, a pleasant life and peaceful death. How you will achieve this by reading 'Stories from the Other Side' is up to you. I am presenting you with a candle, and you alone can light your way."

"Stories from the Other Side"

By Anny Slegten

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Softcover | 5.5 x 8.5 in | 178 pages | ISBN 9781452581132

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Available at Amazon and Barnes & Noble

About the Author

Anny Slegten is fluently bilingual in French and English. Her commitment to lifelong learning and the ability to share her growth experience with others has earned her the reputation as one of the more respected and admired hypnotherapists in Canada and abroad.

More information is available at www.annyslegten.com.