

**The 6 Quantum Secrets to an Amazing Life: Transforming Mind, Body, and Spirit**, Maureen Kitchur. Calgary, Alberta: Self-published; Blitzprint, 2010, 246 pp., \$18.95 (paperback)

In this small and readable book, Maureen Kitchur has synthesized a great deal of information in a way that is accessible and useful to the lay public. In fact, synthesis of multiple levels of analysis may well be Ms. Kitchur's greatest gift and contribution. Her next greatest is her ability to convey complex information simply, using plain English, examples, and metaphors. The book is in the contemporary vein with less densely packed narrative and more use of bulleted formatting and shaded boxes to convey examples and telegraph meaning, meeting the reader more than half way.

Kitchur describes four domains of healing, from the brain and body (physiological) level, through the effects of unresolved trauma and early or historical experience, through inner habits of self-talk, to the spiritual domain. On the physiological level of analysis, she quickly imparts essential understandings of how depression, posttraumatic stress disorder (PTSD), attention-deficit hyperactivity disorder (ADHD), anger, addictions, and so forth, can have neurobiological components, and directs the reader to basic essential interventions. She makes nutrition, exercise, and medication comprehensible and approachable. Although the analysis cannot be comprehensive in these few pages, it touches on key and common disturbances that can have physiological components.

In the second domain of healing, the book describes the effects of trauma and early learning and summarizes therapeutic approaches to address them. She speaks primarily of the "big three" therapies-hypnosis, cognitive behavioral therapy, and eye movement desensitization and reprocessing (EMDR)-which Kitchur describes as the three best researched therapies in existence for addressing and resolving traumatic experience. The three therapies are well introduced in the context of a brief history of psychotherapy. EMDR practitioners will find their favorite therapy well treated and put in context of a range of therapies all useful.

In the third domain of healing, the realm of internal self-talk, she instructs in the art of tuning in to self-talk and becoming aware of cognitive distortions, intervening in negative thinking, using somatic awareness as a source of information about negative thinking, substituting other thoughts where the negative ones held dominion, and practicing new behaviors.

The final domain of healing in Kitchur's analysis is the spiritual domain, which she describes as one's connection to the universe. Here, she incorporates ideas from quantum physics in a simple way to impart means to access spirit across a range of traditions. She describes tuning in to spirit whether through meditation, indigenous practices, or other means, expressing gratitude, setting intentions and affirming for others and for self, taking behavioral steps in the direction of a spiritual practice, and affirming that one's attentions have been accomplished. This summary is concise and useful, though not extensive, made vivid with case examples.

In a little more than 200 pages of eminently readable text, Kitchur has synthesized key tips toward resolving impediments of physiologic, traumatic, cognitive, and spiritual origin. She gently guides readers toward a step-by-step resolution to be undertaken alone, with a therapist, or with a team. The primary benefit of this book for clinicians is to quickly help clients understand the four domains and their relevance for a client's suffering and healing. Clinicians wanting in-depth coverage of any of these topics will need to turn elsewhere, because the book does not intend to meet that need. Additionally, clinicians or curious readers wanting proof of Kitchur's claims will find references limited, because the book does not purport to build the scientific case for her conclusions, except in a limited form. In sum, the book is a highly useful and compact addition to the EMDR clinicians' options for bibliotherapy.

REVIEWED BY SANDRA PAULSEN

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