



I Am More Than My Physical Body: 100 ROTEs from Robert A. Monroe

Robert A Monroe

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Robert Monroe was a successful and distinguished business executive and noted pioneer in the investigation of human consciousness. He also invented Hemi-Sync® and founded The Monroe Institute®, a worldwide organization dedicated to expanding human potential. I AM MORE THAN MY PHYSICAL BODY: 100 ROTES from Robert A. Monroe is a celebration of his life and work, and offers a very current message for humankind in the twenty-first century. It is a collection of 100 thought-provoking, inspirational quotes from his three best selling, landmark books—JOURNEYS OUT OF THE BODY, FAR JOURNEYS and ULTIMATE JOURNEY—which are available wherever books are sold. Andrea Berger is a long-time consciousness explorer and a trainer at The Monroe Institute. She lovingly helped birth this book in celebration of Bob Monroe's 100th birthday and twentieth anniversary since his transition.

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