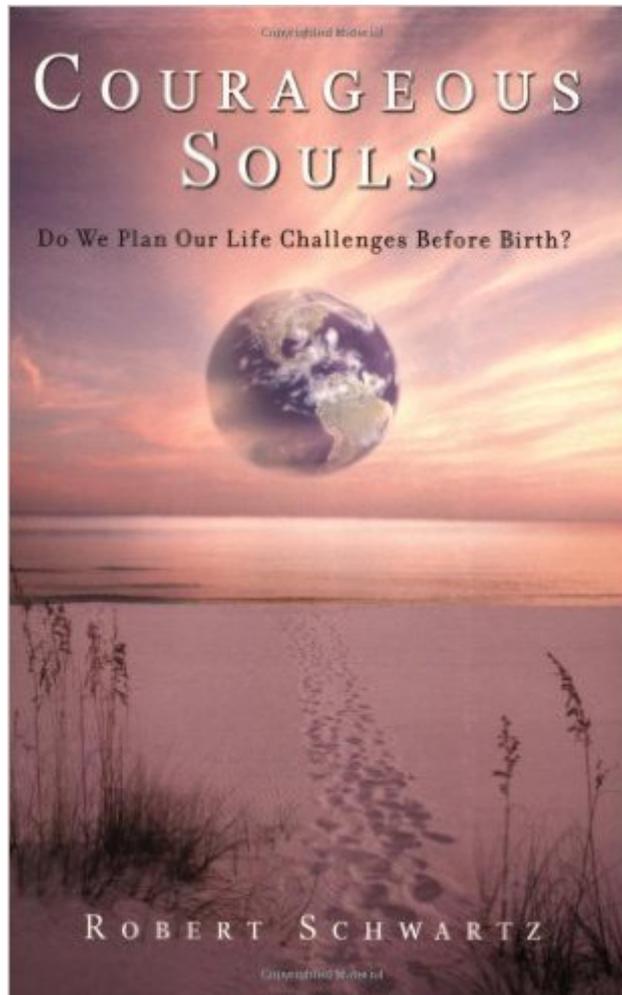


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# Courageous Souls: Do We Plan Our Life Challenges Before Birth?



## Synopsis

Courageous Souls explores the premise that we are all eternal souls who plan our lives, including our greatest challenges, before we are born for purposes of spiritual growth. The book contains ten true stories of people who planned physical illness, having handicapped children, deafness, blindness, drug addiction, alcoholism, losing a loved one, and severe accidents. Because very different life challenges are often planned for similar reasons, readers who have not faced these specific challenges will nevertheless see themselves - and their motivations as a soul - in these stories. As readers come to realize that they themselves planned their lives, suffering that once seemed purposeless becomes imbued with deep meaning. Wisdom may be acquired in a more conscious manner; feelings of anger, guilt, blame, and victimization are healed and replaced by acceptance, forgiveness, gratitude, and peace.

## Book Information

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## Customer Reviews

"There is a need to create limitation, as the soul uses limitation in your realm for growth. As you experience limitedness, there is a need to overcome frustration, work within one's own parameters, and focus energy--an energy that cuts through the density in your realm and creates spaces of light and a higher vibration." - From Courageous Souls  
At some point, everyone on Earth has asked "Why?" in the face of difficult circumstances. Why did my fianc  die in a car accident? Why is my mother an alcoholic? Why is my son Autistic? Why do I have cancer? Why is my brother a quadriplegic because of a diving accident? Why do some people die at the hands of serial killers or

suicide bombers? Like existential detectives, many of us try to wrap our heads around life challenges and, ultimately, find out "whodunit?" Was it because of a nasty devil wanting to afflict? Is a capricious god punishing me--or is the wheel of karma catching up? Is negative thinking the root of my illness? What if NONE of these scenarios was the case--but, in fact, we CONTRACTED our life challenges before incarnating? In his book *Courageous Souls: Do We Plan Our Life Challenges Before Birth?*, author Robert Schwartz takes readers behind the veil of forgetfulness into the conversations and decisions that have taken place "between lives". Interviewing about a dozen people who have experienced loss, illness, accidents, and addictions, Schwartz explores the idea of agreements made before birth to learn and experience certain life lessons--and coming to know our true selves. In addition, the author facilitates sessions between these individuals and several mediums.

Robert Schwartz is an eloquent spokesman for his explorations in the realm few of us have even considered, much less explored fully: the concept of pre-birth planning as a convention of souls who make decisions about incarnation - place, time, circumstances, and challenges - that will heighten the overall improvement of not only their repeated growth in the process of rebirth but also the gift to the betterment of mankind. Schwartz' manner of writing is so tender and so lacking in preaching that he gradually draws the reader into his realm of thinking in a way that allows us to suspend any doubt or prejudice we may have about spirituality or after life or universal karma. He uses conversations with people who share their experiences of living with such 'handicaps' as physical illness, parenting handicapped children, deafness and blindness, drug addiction and alcoholism, accidents, death of a loved one and alters the word 'handicapped' to 'challenges'; 'Challenges are mirrors that reflect to us our feelings about ourselves. In that sense, they are gifts. Wisdom allows us to recognize them as such.' In addition to discussing the above challenges with particular people who have them, Schwartz introduces us to mediums and channelers who channel the souls of the people we meet, allowing Schwartz to relay to us the conversations between the spiritual world and the physical world.

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