

LEAP *into* LIVING

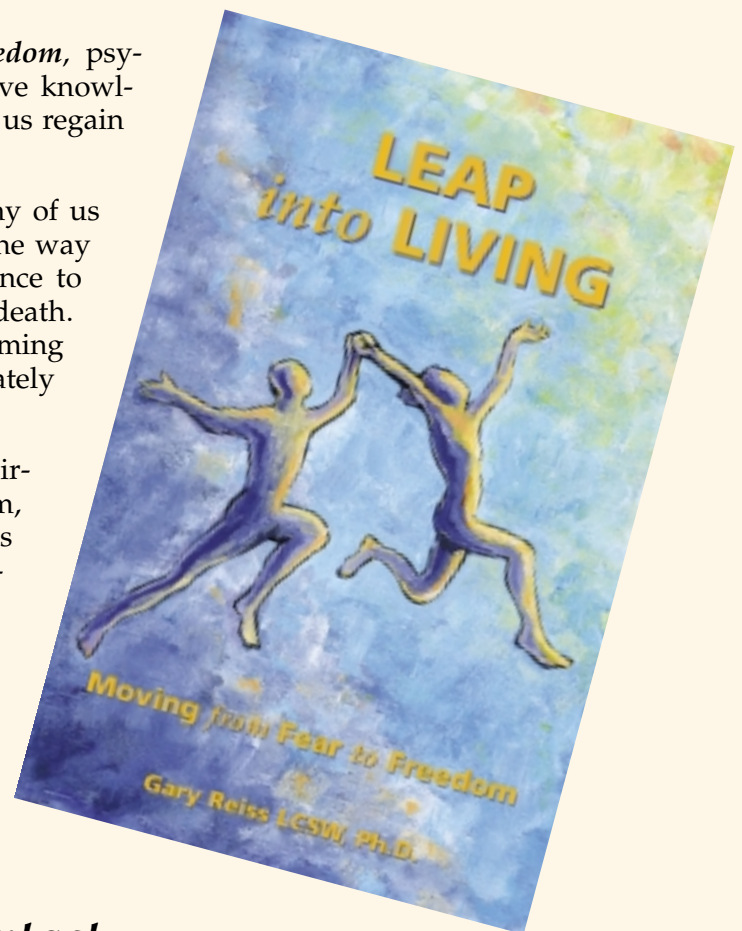
Moving from Fear to Freedom

by Gary Reiss LCSW, Ph.D.

In *Leap Into Living—Moving Beyond Fear to Freedom*, psychotherapist Gary Reiss Ph.D., draws on his extensive knowledge of spiritual and psychological teachings to help us regain the essential freedom that is our human birthright.

Anxiety and fear are rampant in today's world. Many of us live constricted lives, frightened to take a leap into the way we dream of living. Behind this widespread reluctance to take risks and live fully, we often find the fear of death. Great spiritual traditions have long known that becoming free to live our dreams requires addressing the intimately connected fears of living and of dying.

Leap Into Living brings forth the essence of diverse spiritual traditions such as Taoism, Buddhism, and Judaism, as well as drawing extensively upon the author's expertise in process-oriented psychology. In a clear storyteller's style, Gary Reiss shows how people from all walks of life have used essential spiritual teachings to live and die more freely. He includes his own personal journey from anxiety to increased freedom, as well as case examples from his practice as a psychotherapist. Step-by-step exercises empower readers to lessen their fears of living and dying.



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About The Author

Gary Reiss, LCSW, Ph.D., Diplomate in Process-oriented Psychology, has been practicing as a therapist for thirty years. He teaches worldwide and is on the faculty of the Process Work Center of Portland. Gary's approach integrates process work with spiritual traditions. He specializes in conflict resolution, family therapy, and working with people in comatose states. His books include *Changing Ourselves*, *Changing the World*, *Vital Loving*, *Beyond War and Peace in the Arab Israeli Conflict*, and *Angry Men, Angry Women, Angry World*.