

The Breakthrough

Breaking the Spells of Painful Emotions and Finding the Calm in the Present Moment

by Fredric Hartman

Non-Fiction - Self Help

221 Pages

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Author Biography

Fredric C. Hartman is a clinical psychologist in private practice since 1988. He works and makes his home on Long Island, New York.

Book Review

Reviewed by Jack Magnus for Readers' Favorite

The Breakthrough: Breaking the Spells of Painful Emotions and Finding the Calm in the Present Moment is a self-help book written by Dr. Fredric Hartman, who is a practicing psychotherapist. It's presented as a dramatic piece, in acts and scenes, with Doctor Hartman and Human Consciousness as the actors. Hartman's interaction with Human Consciousness takes place on several levels as he discusses the human mind and the memories it contains of things past. The setting of the drama is a therapist's office, and the reader experiences much of what is going on through the eyes and mental responses of the patient, Human Consciousness. There's the somewhat dreamy sense of time passing as daylight filters in through the windows, and the doctor becomes involved in his story, his eyes glinting sometimes and his voice rising and falling with the power of his tale.

Fredric Hartman's psychotherapy guide is, quite literally, a life-changer. If you've wondered, as I often have, if a psychotherapist might help you come to terms with painful memories and a past that dominates your present, you'll probably become as mesmerized by the power and the light that shines through this book as I was. Hartman speaks directly to the reader and often seems to be there in the room with you. He explains so much about how the mind can be affected by the pain and yearning of the past, and presents a means by which one can escape that hold and live more fully in the present. I was profoundly impacted by what I read within this book. It's something I've been waiting to hear for so long, and I plan to follow the guidelines of The Breakthrough: Breaking the Spells of Painful Emotions and Finding the Calm in the Present Moment as I continue my journey, for it has, indeed, already started. This is a special book, and it may change your life as well.