

The Midwest Book Review

The Breakthrough
Frederic C. Hartman
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Conquering the painful past is a rough endeavor. "The Breakthrough: Breaking the Spells of Painful Emotions and Finding the Calm in the Present Moment" is a self-help and psychology guide from Frederic C. Hartman, who seeks to help the reader face the pain of their past, a pain that so many of us share that it may as well be humanity itself. With much wisdom and knowledge to be considered on the power of thought and finding that last bit we need to beat our fear, "The Breakthrough" is a strongly recommended addition to self-help and inspirational collections, highly recommended.