

# No Waves without the Ocean: Experiences and Thoughts

*By Bert Hellinger*

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## **No Waves without the Ocean: Experiences and Thoughts** By Bert Hellinger

This volume represents the core of Bert Hellinger's thinking and insights based on his experience with family constellations work. Set out as a reference book, it gathers together, for the first time, previously unpublished material, introductions and summaries, illustrative comments and answers to questions gathered from his many seminars and workshops, as well as several interviews and one complete lecture.

The organisation of chapters according to topic allows for easy access, and many, for example, "Family Constellations and Movements of the Soul", represent the most comprehensive handling of the subject to date.

Whether this book is read cover-to-cover or used as a reference book on specific topics, the authority and eloquence of Bert Hellinger's formulations and his range of experience offer rich rewards for the reader.

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#### **About the Author**

Bert Hellinger is probably Europe's most innovative and provocative psychotherapist and a best-selling psychotherapy author. A former priest and a missionary in South Africa for 16 years, as well as an educator, a psychoanalyst, body therapist, group dynamic therapist, and family therapist, he brings a lifetime of experience and wisdom to his work. The family constellations, which have become the hallmark of Hellinger's approach, as well as his observations about systemic entanglement and resolution, have touched the lives of thousands of people and have changed how many helping professionals carry out their own work.

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