



# Defeat the Enemy Within: Free Yourself of the Inner Shadows That Sabotage and Cripple Your Life

*Charles Skillas PhD*

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## **Defeat the Enemy Within: Free Yourself of the Inner Shadows That Sabotage and Cripple Your Life** Charles Skillas PhD

He's hunted Soviet submarines, walked the corridors of power in Washington, helped create government agencies, and has done business in foreign capitals. Now, Dr. Charles Skillas applies the same technology principles to unmask the real sources and causes of subconscious sabotage, where the terms defense, intelligence, and foreign attachment take on very different meanings. Using his own life and healing as an example, Dr. Skillas deftly transfers his defense technology background to his new career of clearing the submerged minefields of the psyche. Defeat The Enemy Within shows you how to find help to finally resolve long standing problems that have resisted solution why traditional therapy doesn't usually work for long term solutions what you must do for permanent change. Dr. Skillas draws on his defense industry background and 30 years experience as a hypnotherapist to blend traditional hypnotherapy, past life regression, spirit attachment, Chinese herbal and energetic medicine, and the underlying wisdom of diverse world cultures to banish the inner shadows that keep you in misery.

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