



BRENT FEINBERG

BEST-SELLING AUTHOR AND INTEGRATIVE HEALER

BY ELIZABETH ELSTON

Integrative healer, reiki master, certified BodyTalk practitioner and yoga teacher, Brent Feinberg, is the best-selling author of *Freeing Freddie The Dreamweaver* (Amazon.com 2017), an inspirational book for children and adults endorsed by Deepak Chopra. His books and content are used for the work being done by With Love From Freddie LLC., a platform of holistic materials and mindfulness workshops which include: the story book *Freeing Freddie The Dreamweaver*; an interactive workshop + activity/craft book for children; workshops for teens, adults, parents and teachers; a workbook for teens/young adults; and training programs for teachers, counselors, psychologists and social workers. These are all aimed at pinpointing a person's fears, to let go of them, live life with intention, and learn how to build your dream life, creating individual goals and uplifting others.

We live in a time when 1 in 8 children in the US are diagnosed with anxiety disorder based on fear

and stress. Brent believes that one big factor of teenage pressure is their parent's expectations and that the expectations of parents for their children to follow a particular path in life can be extremely stressful. "The emphasis on college and certain degrees being the only way to become successful is shattering the spirits of youth globally. With information and learning so easily accessible due to technology there are many routes and paths to become successful, self-sustainable and fulfilled in an ever-changing world environment. Although I am pro college education, it is certainly not for everyone and not getting into college or the right college certainly is not worth the inner torment youth are experiencing at this prospect," says Brent, who works with schools in South Africa and North America which uses his books as the basis for their Social Emotional Learning (SEL) curriculum for grades 2 through 12.

An invaluable tool for helping children and youth recognize and then tackle their anxieties head

on, *Freeing Freddie the DreamWeaver* provides entertaining and relatable characters to best model the inner strength and determination needed to overcome fears and the newfound self-esteem and confidence that follows. The activity and sticker book for younger children and more comprehensive Workbook for older audiences reinforce the story's messages and help bring its lessons to life in practice. These make an impactful addition as the latest social emotional learning and wellness resources to incorporate at home, school or in a psychology practice.

Brent's second book, *Revealing Freddie - The Light Within*, which will be available in the US in early 2020, brings lessons of how to develop your own inner gifts and that together in unity we can create a world that will be a positive experience for all of us.

As the landscape changes within the business world to be more holistic and values driven and

not simply materially driven, Brent finds himself holding more and more workshops at corporate offices. Research has shown that fear is a major influence in the corporate world, which creates risk adverse employees, and in turn results in low productivity and poor decision making. Brent's corporate workshop program, *Freddie Innovate*, is committed to providing the tools and skills that support individuals in living an uncompromised life that they love, while allowing corporations to thrive.

Brent is dedicated to uplifting people, living in harmony with others and the environment, and inspiring people to go within to realize their potential. As one of his readers put it best, "*Freeing Freddie the Dream Weaver* inspires me to keep dreaming. My choices must reflect my hopes and not my fears" (Mandi Banele, grade 9).

About Brent Feinberg

Brent is a best-selling author who at the young age of 28 is committed to making sustainable impact in the world, especially for children. Through his exceptional writing skills, his books take the reader on a journey of self-discovery and joy.

Brent Feinberg is an integrative healer and author, born in Johannesburg, South Africa. He was raised with the messages from Nelson Mandela—who he also spent time with—as well as others such as Steve Biko's son, Nkosinathi Biko, and Deepak Chopra. He has worked with orphan and vulnerable children and youth as well as many others along his incredible journey. He gives of himself so that others will have the skills and tools to live a life that they love and get involved to create a world where all individuals share an experience based on justice, love, self-awareness and greater consciousness.

In his strive to help and heal, Brent started practicing Reiki—an ancient form of healing where the practitioner transfers energy by placing their hands over or on the patient—at age 13. Today he is a Triple Reiki Master. He is also a Certified BodyTalk Practitioner, Qualified Yoga Teacher, Practitioner of Transcendental Meditation, advanced techniques of Transcendental Meditation, Isha Yoga and advanced Isha yoga programs.

Through the many years of experience and studying, Brent developed a great understanding of consciousness-based health care and wellbeing, something that spurred him to write his first best-selling book *Freeing Freddie – The Dream Weaver* (2017). His second book, *Revealing the Light from Within*, continues to provide tools to enhance the conscious development of children, youth and adults in a fun manner in order to actualize their potential. The issue of anxiety in the American society has become an astounding issue. Brent's books address this by giving the skills and tools to individuals to use daily to access and release their fears and to realize their dreams.

Brent has also created a powerful SEL - Social Emotional Learning-curriculum that is used in schools in South Africa and America, where teachers are taken through an in-depth personal training. Additionally, his workshops in corporates are applauded as they build teams and help individuals reach their full potential, while allowing companies to thrive.

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