

Author
 Brent Feinberg
Changes Lives
 Through His
Inspirational
Writing

By Elizabeth Elston

Brent Feinberg is not just an integrative healer, Reiki master, certified BodyTalk practitioner, and yoga teacher, he's also a best-selling author with one of his books endorsed by none other than Deepak Chopra. Humble as ever, Feinberg fundamentally just wants to help those in need. Chopra warmly recommends his writing for both children and adults, attesting that his work presents "a truly enchanting story with deep universal truth that both children and adults will enjoy, helping them gain an understanding of how to let go of fear and be a part of a loving, connected world."

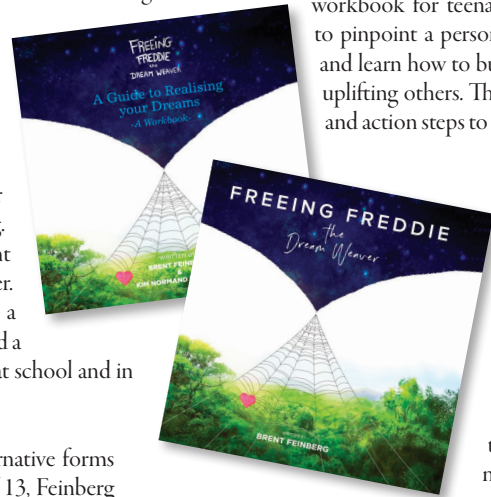
Born in June 1990 in Johannesburg, South Africa, Feinberg was raised in a dynamic and diverse household abuzz with the messages of Nelson Mandela—whom he also spent time with—as well as others such as Steve Biko's son, Nkosinathi Biko, and Deepak Chopra. Feinberg reached a turning point in his life at the age of 9, when his father was shot in front of him during a hijacking. Though his father survived, his parents went through a messy divorce a few years later. Understandably, Feinberg went through a great deal of emotional turmoil and harbored a lot of negative emotions, which played out at school and in family relationships.

As a consequence, he started studying alternative forms of health care at a young age. At the age of 13, Feinberg became an advanced Reiki master, a traditional form of Japanese healing. After college, he decided to pursue this as a passion and a full-time career, furthering his studies to become a certified BodyTalk practitioner and yoga teacher. He delved deep into reading on psychology, spirituality, religion, personal development, and emotional well-being.

Ever ready to give back to society's most needy and vulnerable, Feinberg has since worked with orphans and vulnerable children and youth, as well as many others along his own journey. He gives of himself so that others will have the skills and tools to live a life they love and help create a world where all individuals share an experience based on justice, love, self-awareness, and greater consciousness.



Drawing wisdom from all avenues, Feinberg put his exceptional and inspirational writing talents to use and published his first set of books collectively called "Freeing Freddie—The Dreamweaver," which includes a magical storybook, an activity book for younger children, plus a workbook for teenagers and adults. The main theme of the books is to pinpoint a person's fears, to let go of them, live life with intention, and learn how to build a dream life, creating individual goals and then uplifting others. The workbook and activity book are filled with tools and action steps to begin to accomplish the reader's goals.



His second book, "Revealing Freddie—The Light Within," offers lessons on how to develop one's inner gifts. Feinberg also works with schools in South Africa and North America, who use his books as the basis for their Social Emotional Learning (SEL) curriculum for grades two through 12.

As the landscape changes within the business world to be more holistic and values-driven and not simply materially driven, Feinberg 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-averse employees, and in turn hurts the organization's bottom line he explains. Feinberg is committed to providing the tools and skills that support individuals in living an uncompromised life that they love, while allowing corporations to thrive.

Feinberg is dedicated to uplifting people, living in harmony with others and the environment, and inspiring people to look within to realize their potential. One of his readers, ninth-grader Mandi Banele, may have put it best: "Freeing Freddie—The Dream Weaver' inspires me to keep dreaming. My choices must reflect my hopes and not my fears."