

GLOBAL VISIONARIES

BRENT FEINBERG: INSPIRING OTHERS TO OVERCOME FEAR AND FIND THEIR PATH

BY ANN GRENIER

Bestselling South African author and integrative healer Brent Feinberg is an amazing person any way you slice it. What makes him even more remarkable is when you consider some of the hurdles he's had to overcome and that he is only 29-years-old.

Born in Johannesburg on June 27th, 1990, Brent grew up in a diverse environment where he was exposed early on to the great economic disparities that exist throughout South Africa and internationally, having lived in an area of Johannesburg populated by its wealthiest families, as well as holocaust survivors, apartheid activists, orphans, and children and teens at risk.

A major life changing moment occurred at the age of 9 when he witnessed his father being shot during a botched hijacking. Although his father made a full recovery, when he was 11 Brent experienced yet another personal crisis after his parents went through a messy divorce. Despite being academically advanced for his age, his parents' divorce took an emotional toll on Brent that eventually affected his family relationships and grades.

So much so that during his school years, he spent a lot of time in the principal's office, often feeling unmotivated, at loose ends and unsure of what to do with his life. There were also some significant turning points in between, however – most notably meeting and spending time with South African President and anti-apartheid revolutionist Nelson Mandela when Brent was 10 thanks to his parents' activism and humanitarian work.

Inspired by Mandela's messages of hope and inclusiveness, two other positive influences on Brent around this same time were Nkosinathi Biko, son of the late South African activist and nationalist Steve Biko, and alternative medicine guru Deepak Chopra. Both men took a special interest in Brent, spending time with him and setting him on a path that would eventually change his life forever and motivate him to help others to do the same.

By his early teens, he was already studying alternative healthcare, having become an advanced Reiki master – a traditional form of Japanese healing – when he was just 13. Then, after enrolling in a mechanical engineering program at a local university, at the age of 20 he decided to switch gears to pursue his true passion: self-realization and consciousness-based healthcare which led him to become a certified Body/Talk practitioner and yoga teacher.

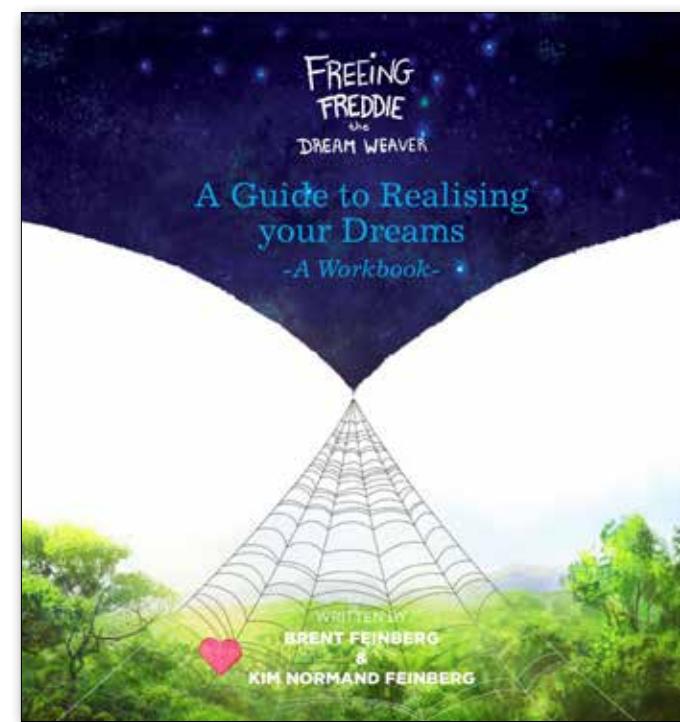
Both inside and outside the classroom, he read up on psychology, spirituality, religion, personal development and emotional well-being, at one time averaging at least a book a week and eventually parlaying it into a career dedicated to uplifting people, teaching them how to live

in harmony with others and the environment, and inspiring them to go within to live up to their potential.

Driven in part by his personal experiences, and with a particularly keen interest in enlightening children, parents and adults by empowering them to better understand themselves and communicate more effectively, in 2014 Brent began working closely with the Tomorrow Trust in Johannesburg, where he created educational materials and helped teach their beneficiaries. Founded in 2005, the Tomorrow Trust is a non-profit organization that supports orphaned and vulnerable children throughout their educational journey.



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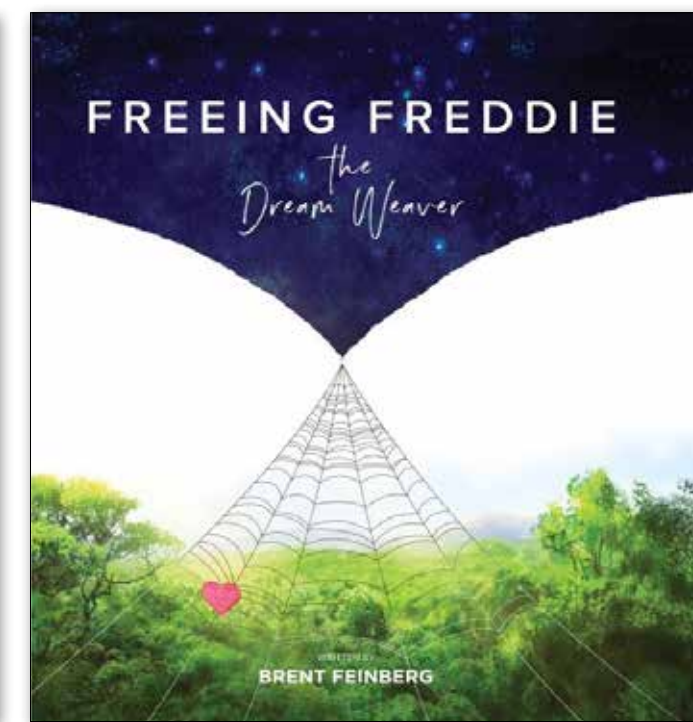


Having been in private practice as well, Brent also recognized that people from all different ethnic and socioeconomic backgrounds were in need of help, particularly when it came to overcoming fear, anxiety and finding purpose. Seeking another way to get his message across, in 2016 he began writing and published his first series of books called Freeing Freddie the Dreamweaver. They include a storybook, an activity book for younger children and a workbook for teens and adults.

Already bestsellers in South Africa, they are currently available in the U.S. and internationally. The books are also being used as references as part of school curriculums in both South Africa and America. Brent's second book Revealing Freddie the Light Within, which offers



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lessons on how to develop your own inner gifts and personal power, was published in 2018.

With 1 out of 8 American children diagnosed with anxiety disorder, this has become a serious issue that Brent's books address in a powerful way with practical skills and tools that can be used both at school and at home. Through his exceptional ability in writing, Brent reaches all ages through his books and they have created positive social change in every community that uses them.

Similarly, the corporate workshops Brent leads address how fear and anxiety negatively impacts productivity. His workshops deal with all aspects to bring each individual to place of success and fulfillment aligned to their purpose and passion as well as to those of their work environment.

Believing that life is a work in progress with constant room for improvement, Brent pushes himself to grow every day, while aiming to help others do the same.

"In order to feel fulfilled in our lives we need to have a greater understanding of who we are within and how we function daily," he says. "This translates into an understanding of what we want in our lives and how we need to take on the responsibility of creating the life that we wish to have. Dreams don't manifest without action and focus. Always keep dreaming, learning, connecting and growing. Give of yourself totally to each moment. This makes for a fulfilling life!"

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