

BRENT FEINBERG

Helping Others Overcome Fear and Find Their Way

By **TRIPP WHETSELL**

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, 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, as well as meeting and working with 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.

So much so that as a pre-teen he spent a lot of time in the principal's office, often feeling unmotivated and at loose ends. There were also some significant turning points most notably meeting and spending time with South African President and anti-apartheid revolutionist Nelson Mandela when Brent was 10.

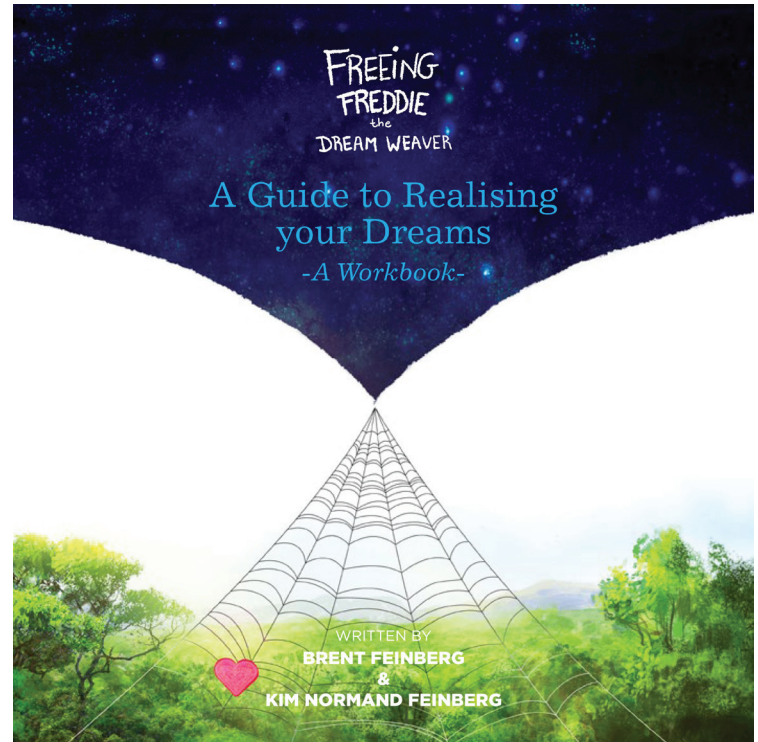
Inspired by Mandela's messages of hope and inclusiveness and alternative medicine guru Deepak Chopra, both men took a special interest in Brent, spending time with him and setting him on a path that would eventually change his life forever and motivate him to help others to do the same.

By his early teens, he was already studying alternative healthcare, having become an advanced Reiki master, 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.

His career and life is 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, Brent began working closely with the Tomorrow Trust.

Having been in private practice, Brent recognized that all people were in need of help, particularly when it came to overcoming fear, anxiety and finding purpose. In 2016 he published his first series of books called Freeing Freddie the Dreamweaver. The books are used as school curriculum in both South Africa and America. Brent's second book Revealing Freddie the Light Within,



which offers lessons on how to develop your own inner gifts and personal power, was published in 2019.

With 1 out of 8 American children diagnosed with anxiety disorder, this has become a serious issue that Brent's work addresses 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 creating positive social change

The corporate workshops Brent leads address how fear negatively impacts productivity. 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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