



# **Awake and Alive: Revolutionize Your Relationships Through Personal Revolution Therapy**

*Dr. James Triana*

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“At last we have an eclectic and down to earth model to treat our patients – also valid as an owner’s manual for self-improvement – with a high degree of efficiency. The combination of Western and Eastern approaches to fix the negative way of feeling and thinking is a very welcome one at a time when many people embrace the materialism that comes as a subproduct of modern technology. James Triana has written “the book” which will revolutionize current concepts in psychotherapy.”

-Ignacio Lopez-Merino, M.D., private practice (Plantation, Florida)

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