AUTHOR EUGENIA AFANADOR BIOGRAPHICAL INFORMATION

Local new author Eugenia Afanador launched her book, "Marlene and Me: I Discovered Spiritual Healing Through Resloving Past Life Traumas" on Amazon.com on Sept. 20, 2022. The book is taking off and getting lavish praise from its readers. Ms. Afanador is now available for interviews and book signing/author meet-and-greet events.

Ever since Eugenia Afanador was four years old, she was haunted by disturbing memories of having lived other lives in other lands and centuries. It was only after many decades of experience and study in this lifetime that she gradually learned how to process both the pain and the wisdom of those memories.

Through personal memoir, scholarship, poetic verse, and mystical insight, "Marlene and Me" teaches us that our ancestors are not only present in our history, epics, art, dreams, and aspirations, but also in the mysteries of our sub-conscious minds.

Woven throughout Eugenia’s own modern-day experiences in North and South America, her memories of other lives zig zag across time and place including Nazi-occupied Czechoslovakia in the 1940s, the potato famine in Ireland in the 1840s, the streets of Bangladesh in the 14th century, and medieval England in the 13th century.

Through every traumatic and joyful experience, Eugenia is accompanied by celestial guardians, or Masters, who guide her, comfort her, and help her to transmute experience into insight. These insights include fifteen qualities that can help us overcome personal trauma and grow emotionally, intellectually, and spiritually.

"Marlene and Me" is written for seekers, mystics, empaths and intuitives, and anyone seeking to heal past traumas. This deeply candid and vulnerable work reveals the human capacity for resilience, self-discovery, and healing across multiple lives, cultures, languages and faiths.

About the Author: Eugenia Afanador is a Licensed Professional Counselor and a Certified Hypnotherapist who helps clients with issues related to physical, emotional, intellectual, and spiritual imbalances. She received a Bachelor of Arts at the University of Houston, teaching certifications in English as a Second Language (ESL) as well as elementary/bilingual education teacher. She also has a Masters of Science degree, with a specialization in School Counseling, and is a Licensed Professional Counselor (LPC) and Certified Hypnotherapist. She's a member of the International Association of Counselors and Therapists (IACT), the American Counseling Association (ACA), and Texas Counseling Association (TCA). She's often contacted for services at Psychologytoday.com.