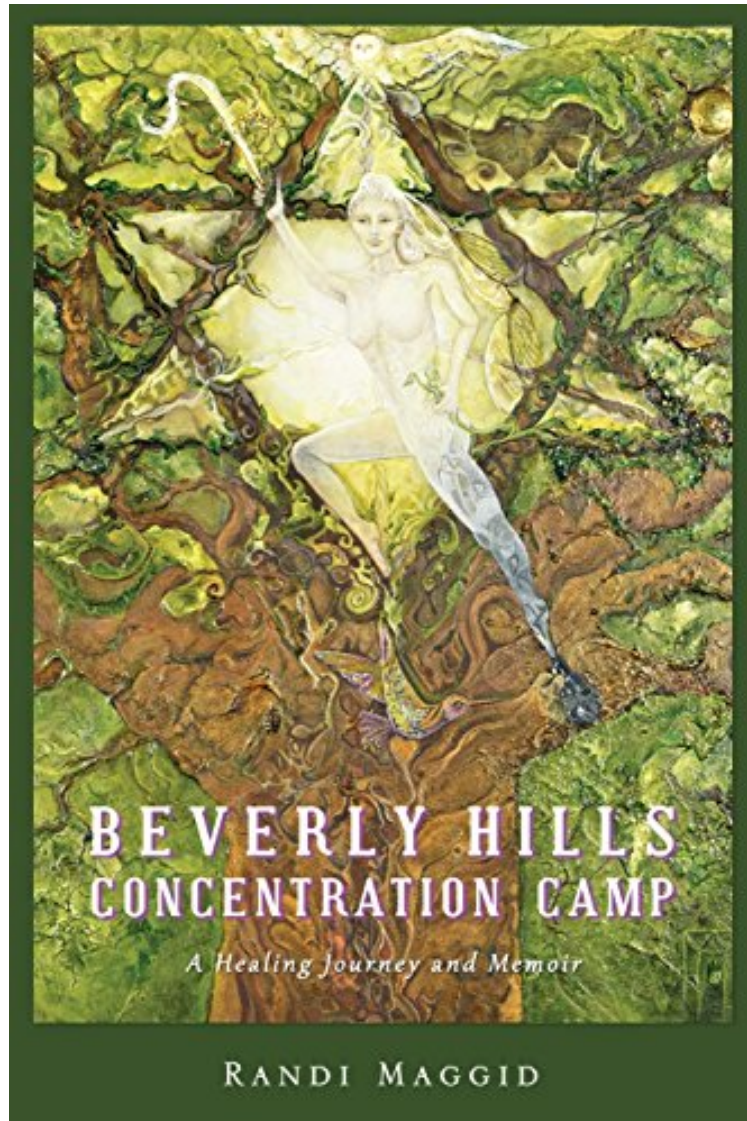


[Ebook pdf] Beverly Hills Concentration Camp: A Healing Journey and Memoir

Beverly Hills Concentration Camp: A Healing Journey and Memoir

Randi Maggid

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Randi Maggid : Beverly Hills Concentration Camp: A Healing Journey and Memoir before purchasing it in order to gage whether or not it would be worth my time, and all praised Beverly Hills Concentration Camp: A Healing Journey and Memoir:

4 of 4 people found the following review helpful. Great book group selection. Inspirational and riveting can't put it down read.By CustomerGreat book group selection!! I couldn't put it down. Humorous and salacious stories are woven

in and out of the emotional truths so that you can absorb the reality without becoming overwhelmed. The courage it took to overcome is absolutely inspirational. I've been in a Jewish book group for 18 years. We stopped reading holocaust stories because they all ended up "the same". This is different from any other holocaust related book I've ever read. It's about the impact on children living in a home of a survivor unable to move past the memories. It combines that with spirituality, healing methodologies, family, and more. It will be our book group read in July. 0 of 0 people found the following review helpful. An amazing account of a healing journey undertaken by a woman traumatized by growing up in the shadow of the Holocaust. By Peter Randi Maggid's book is an intense and harrowing account of her escape from her traumatic childhood. Growing up in Beverly Hills - what should have been the epitome of the American Dream - was a hell created in the shadow of the Holocaust. Both of her parents were Holocaust survivors, whose own unprocessed trauma enveloped and suffocated Randi's childhood, turning their home into a living nightmare. Randi's description of her journey that led to her healing was incredibly inspiring, as was her determination to make sure her own children experience the nurturing environment that she was denied. Equally effective was the stark contrast of the flashbacks of her childhood traumas. Anyone wondering how they can heal themselves from their own childhood traumas would be well served by reading this book. 2 of 2 people found the following review helpful. Title better than content By Evelyn B Could not force my way through it, so never finished it. To me it is slow reading.

Randi Maggid, who has found relief through non-traditional medical alternatives, bravely shares her story in her emotional and insightful new memoir, *Beverly Hills Concentration Camp*. With names changed to protect the privacy of the book's characters, *Beverly Hills Concentration Camp* opens on the present life of Alix, a seemingly-ordinary mom who, through a series of flashbacks, takes the reader along on her healing journey -- from the depths of severe physical pain and anguish to the heights of awakened spirituality and health. Alix the daughter of Jewish Holocaust survivors describes the unlikely struggle of growing up in a beautiful Spanish house in Beverly Hills with the weight of the concentration camps pressing down on her at every turn, keeping her imprisoned by fear, negativity and neglect when all she wanted was to be a normal kid. Little did she know her past would catch up with her, cause her years of physical pain that would eventually require immediate surgery she was determined to avoid. Her story encourages people to heal themselves on levels deeper than they ever thought possible by tapping into that inner voice through creativity and faith, activating the power to change their situation. Leading others to take risks, focusing on gratitude, taking alternate healing routes, and opening their hearts to love, nature and wholeness, Alix transmutes not only herself, but also the lives of future generations.

Beverly Hills Concentration Camp addresses the uncomfortable reality that trans generational patterns can continue until an individual says, "Never again. It stops here now with me!" Being with-it-ness and the desire for more energy and greater meaning liberates us and those around us. Randi Maggid is real and raw in her narrative revealing that "Never Again" truly can set the stage for an empowered future. --Dr. Donny Epstein, Developer of Network Spinal Analysis, Somato Respiratory Integration and other Epstein Technologies About the Author New author Randi Maggid is a breathwork facilitator/healer who lives in Los Angeles, California with her family. She offers private and group classes in Pranayama yoga breathing, a two-stage breathwork meditation that moves energy in the body releasing stress, unlocking blocks and inviting in ease and creating a wondrous sense of wellbeing.