

The power of the mind over our health

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Abstract

The unconscious mind governs up to 97% of our lives and directly affects our health. We are not only talking about how stressful situations can directly affect our body, but also about how past traumas can create psychosomatic illnesses with an origin that is very difficult to detect if we don't use the right tools. More than 35,000 people have attended my lectures, workshops, seminars and individual sessions. Which have given me a wide enough field of observation to affirm that the flashbacks that our unconscious mind generates about open emotional wounds in which physical pain was involved. This can generate discomfort today, even if years have passed since the incident. In this lecture, we will look at how these flashbacks work, why they occur and what are the appropriate techniques to deal with them.

Biography

Catalina Davis expert in anxiety and self-sabotage management, Speaker and Mentor. At the age of 23, she lost more than 50% of her sight and hearing, doctors could not find a solution, until five years later, when she discovered certain techniques that allowed her to recover quickly and find her life's mission. Since then she has been a tireless researcher and her work is the basis for a doctoral thesis at the University of Valencia. She is internationally renowned and her seminars, programmes and conferences have been attended by more than 35,000 people. Her clients include companies such as AXA SEGUROS and organizations such as the Valencia Chamber of Commerce and the European Commission itself. She teaches master's degrees at the University of Valencia and the University of Florida and is a regular contributor to press radio and television. Her career includes awards from renounce organizations such as WIZO, Rotary, Coaniquem. She is also an International Academician of Science, Education, Technology and Humanities at the AICTEH and has been nominated for the Cross of Merit in 2021.



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