



Premonitions in Daily Life: Working with Spontaneous Information When Rational Understanding Fails You

Jeanne Van Bronkhorst

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Go inside your premonitions and find personal meaning from daily intuitive experiences

Despite the common idea that premonitions involve dark visions and warnings of future disasters, the truth is they often give us glimpses of the small and personal details of daily life.

This in-depth, three-part guide shows how to identify your premonitions, demystifies the assumptions and fears about them, and thoroughly demonstrates how to respond with common sense and without challenging your beliefs. Discover the answers to your most important concerns: What do premonitions say about me? How do I respond? How do I make sense of premonitions when my culture doesn't believe in them?

Premonitions in Daily Life is the only book that investigates the deeper meanings behind premonitions and helps you integrate them into everyday life. Learn how to trust your premonitions, how to influence the very nature of your future premonitions, and how to find a community where you can openly share your experiences.

Praise:

“Premonitions in Daily Life is a superb look at a very common experience—the sense of knowing a future event . . . Van Bronkhorst takes the mystery and confusion out of premonitions with this fascinating, reader-friendly book.”

—Larry Dossey, M.D., author of *The Power of Premonitions*

“[Van Bronkhorst] has compiled an in-depth series of guidelines for how to identify premonitions, how to normalize them, and how to integrate them in a sensible and useful way into your life.”

—Sally Rhine Feather Ph.D., author of *The Gift*

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