The Author

Frank M. Lobsiger is an author, seminar leader and internationally trained somatic therapist who specializes in body-centered psychotherapy, neuromuscular re-education, trauma healing and dream work. With certifications in Biosynthesis®, Hanna Somatic Education®, Somatic Experiencing®, and the Barbara Brennan School of Healing®, Frank's qualifications are enhanced only by his passion and dedication to sharing the message of Selflove.

Frank Lobsiger established his private practice in his home country of Switzerland in 1996. During his many years of practice, Frank has worked with hundreds of people internationally. He has given thousands of one-on-one therapy and coaching sessions in person and on the phone. Combining the power of extensive research and knowledge gained from personal and professional experiences, Frank has created the highly effective and successful Welcoming-Process™ for transforming self-attack into Selflove. By practicing the Welcoming-Process™ in one's daily life, it is within anyone's capacity to transform negative self-talk and self-criticism into self-esteem, self-worth and self-confidence.

Frank's passion is to explore the healing potential of the bodymind. In doing so, he creates and shares practical knowledge and self-empowering techniques that will enrich the quality of one's life. In his guide, The Art of Selflove, Frank Lobsiger teaches readers how to cultivate a conscious and loving relationship with oneself and others. Using The Art of Selflove, readers will be empowered to find their own inner source of love and happiness.

Since his early twenties, Frank Lobsiger has been actively involved in the exploration of healing oneself and others, as well as encouraging practices to tap into one's greater human potential. In his pastime, he draws energy and inspiration from his daily Yoga practice, writing, and creative dream work. Frank is most passionate about self-empowerment, and sharing with others how to cultivate The Art of Selflove with the Welcoming-Process™.