



# Trance Zero: The Psychology of Maximum Experience

*Adam Crabtree*

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## **Trance Zero: The Psychology of Maximum Experience** Adam Crabtree

Psychotherapist Adam Crabtree shows how we live our lives caught up in a series of trances. For example, when we read we become less aware of the sounds around us, temporarily losing touch with our environment and sense of time. The same kind of effect occurs when we are deeply engaged in a conversation, lost in our own thoughts, enthralled in a creative moment, or immersed in lovemaking.

While trances are necessary, enabling us to function at our jobs and in relationships with others, we can become trapped by them, and thus lose our ability to fully experience our lives and surroundings. In Trance Zero, Crabtree shows how to transcend the trance states that limit our everyday lives. He explains how to access a higher intuitive state, Trance Zero, which is characterized by being fully awake to the real condition of our existence.

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