

Explore the Healing Power of Dolphins in "Dolphins, Doctors of our Soul" by Olivia de Bergerac, PhD

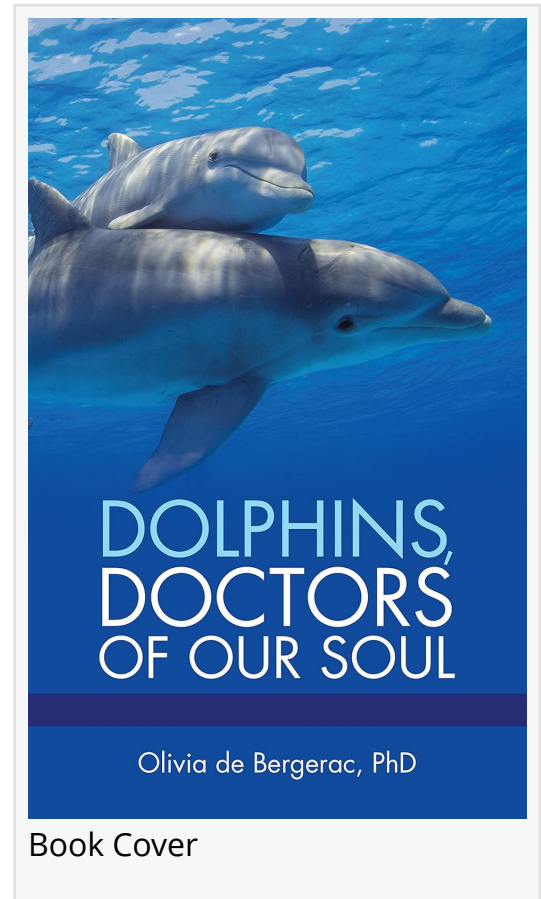
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[/EINPresswire.com/](https://EINPresswire.com/) -- Dr. Olivia de Bergerac's book, "Dolphins, Doctors of our Soul: Dolphin Within", dives into the transformative experience of swimming with dolphins in the wild and explores the profound impact these encounters can have on the human spirit, mind, and body. In this captivating blend of personal adventure and scientific inquiry, Dr. de Bergerac, a neuroscientist, recounts her journey with dolphins off the coast of Australia and the research that led her to uncover what she calls the "Dolphin Within"—an innate ability for healing and upliftment inspired by these remarkable creatures.

Through in-depth descriptions and vivid storytelling, Dr. de Bergerac shares her findings on how swimming with dolphins can produce measurable changes in human brainwaves and heart rhythms, demonstrating the tangible effects dolphins have on us. Her book combines neuroscience, heartfelt experiences, and a passion for conservation as it presents scientific evidence and potential explanations for how dolphin interactions can release individuals from fears, grief, phobias, and even addiction. This book raises the question: Could dolphins indeed be "Doctors of our Soul," guiding us toward a world of peace, love, and deeper respect for all life on Earth?

About the Author

Dr. Olivia de Bergerac is a neuroscientist whose groundbreaking research has defined what she calls the "Dolphin Within" state—a unique yet universally profound experience of deep connection and healing that people achieve in close contact with free-roaming dolphins. Through her studies, Dr. de Bergerac has scientifically proven that these dolphin encounters lead to remarkable changes in brain waves, heart coherence, and happiness-related hormones. With over 25 years of experience facilitating dolphin therapy in the wild, Dr. de Bergerac has guided countless individuals on journeys of personal transformation.



In addition to her therapeutic work, Dr. de Bergerac also leads Corporate Dolphins programs, aimed at helping professionals reduce stress and unlock greater mental clarity through sustainable techniques she developed in partnership with the dolphins. These methods empower individuals to manage stress effectively and reclaim control over fears and anxieties. Dr. de Bergerac passionately believes that dolphins accelerate human consciousness evolution, guiding us from fear to love, from competition to collaboration, and inspiring a harmonious approach to problem-solving.

Dr. Olivia de Bergerac was inspired to write this book after a life-changing encounter swimming with wild dolphins in Australia. The profound sense of healing she experienced firsthand led her to become her own "first guinea pig" in exploring the therapeutic effects of dolphin encounters. Driven by this transformative experience, Dr. de Bergerac initiated a research program to study the brainwave patterns of individuals before and after dolphin swims. Through her findings, she has unveiled how dolphins' impact human well-being, both mentally and physically, fostering healing and deeper self-awareness.

To dive deeper into the inspiring work of Dr. Olivia de Bergerac, visit her website <https://www.dolphinshealingsouls.com>. Stay connected for enriching blog posts, updates on upcoming events, book signings, and exclusive interviews, each offering a window into her unique world.

Dr. Olivia de Bergerac's remarkable journey with dolphins has captured the attention of audiences worldwide, with her expertise featured in a host of international television documentaries. She has shared her insights on France's RFI, Japan's Nippon TV, and across American screens on Wild Things. Her groundbreaking work has also been highlighted on Australian programs, including Channel 10, Channel 7's Today Tonight, Channel 9's Today Tonight, and The Today Show. Through these platforms, Dr. de Bergerac continues to reveal the awe-inspiring connection between humans and dolphins, bringing her visionary research to viewers across the globe.

Recently, she participated in a Prime Seven Media Spotlight interview with Logan Crawford where she shared remarkable conversation highlighting her personal and professional experience with dolphins. And also shares how wild dolphins leave a lasting healing effect on



The Author Dr. Olivia De Bergerac

humans. (Logan Crawford TV Interview Link: <https://www.youtube.com/watch?v=-QxNnaTqd3Y>)

With "Dolphins, Doctors of our Soul: Dolphin Within", readers are invited to open their hearts and minds to a new perspective on healing and the unique role dolphins could play in helping humans achieve holistic well-being and inner peace. This book is available for purchase at Amazon, or you may click here <https://www.amazon.com.au/Dolphins-Doctors-Our-Soul-Dolphin-ebook/dp/B096NPZ5D1>

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