

For release, April 2016

Spirits of Amoskeag

The Wounded Heroes of the Manchester Mills

By **Lois Hermann** with **Peter Paulson**

- For spiritual seekers, mystery lovers, history buffs, and hypnotists***
- Combines spiritual mystery with millyard history***
- More than 55 historic photos***

This enthralling book was the answer to a promise made many years ago, a commitment given to a group of spirits who caused accidents to get attention. They agreed to stop their activity and go into the light if we would publish their story. **This spiritual mystery shares their heart-wrenching stories woven through the journey of the book itself.** This is the fascinating story communicated by the *Spirits of Amoskeag, The Wounded Heroes of the Manchester Mills*.

This story is both compelling and important. In the mid-1800s Manchester, New Hampshire, boasted the longest continuous millyard in the world, producing incredible amounts of cloth daily. The information revealed in this book is part of the fabric that makes up local history. Many people suffered greatly in the name of big business, and their stories deserve to be told. **This is the story of the children who worked in the mills, and the crimes that were committed upon the children by those in charge.** Everyone was affected by what was known as the "Great Unspeakable." This intense story was guided by Guardian Spirits, told by the spirits of the children and others from the time of the great Amoskeag mills, and includes the story of those placed on our path to create this book. Having been safely guided into the light, many spirits have returned to express deep gratitude for our assistance. **They want to be remembered for the hard working, dedicated young people they were. May this book serve as an inspiration and remembrance for all. May we be inspired to take care of our children, that we may better ensure a healthy society.**

About The Authors

Lois Hermann - Born in Yokohama, Japan, a military daughter who traveled the world, she settled in New Hampshire to raise her children. With a successful career as a multi-registered medical professional, corporate trainer, clinical director, and pioneer in the field of diagnostic imaging, Lois is now a success coach and clinical hypnotist. Lois helps children and adults to achieve their goals. Her extensive training in advanced hypnosis techniques includes the Spirit Release Therapy that is demonstrated in this book. Involved with integrative medicine since the early '90s, Lois blends her traditional medical background with her corporate expertise into client sessions and presentations.

As a writer, Lois produced clinical training manuals, instructional CDs and DVDs. She created the *Journey of Inner Awareness* audio program series, regularly contributes articles to local magazines, and shares monthly inspirational blogs with her followers. In her personal life, Lois enjoys ballroom dance and Argentine tango with her beloved husband Curt. She is an avid perennial gardener, and delights in playing with her precious cats. She is proud of her accomplished, adult children.

Peter Paulson - As a past business owner, pilot, author, local historian, husband and father, Peter Paulson is most fortunate to have met Lois Hermann. They have developed into a team that provides help and solace to many. Peter lives with his best friend and wife in southern New Hampshire.

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Web Sites: www.peopleandplacesbook.com — www.bluelinepublicity.com

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Phone: (603) 632-7377, Web Site: www.enfieldbooks.com

Advance Praise for

Spirits of Amoskeag

The Wounded Heroes of the Manchester Mills

By **Lois Hermann** with **Peter Paulson**

“This book is an historical exposé of late 19th and 20th century manufacturing and abusive child labor practices in the New England weaving mills. It is a 21st century promise to tell this story, with the effective use of transpersonal hypnotic regression in the research needed to validate their stories and keep that promise.

Lois Hermann’s book is a well-documented dynamic historical adventure showing a dark side of humanity and big business. It is emotional, poignant, and fast-paced. Hypnotic regression techniques are used to access earth bound spirit testimony. The spiritual dimensions do not detract or overshadow the storyline but rather add a deeper dimension to her work. From a therapeutic perspective, there is enough technique given, that with intensive study and careful diligence, effective spirit releasement can be achieved by a competent regression therapist. **The Spirits of Amoskeag... is a fascinating true adventure well worth the effort of the avid reader, historian, spiritual enthusiast, and therapist.** Research is still ongoing, seeking the ultimate goal of greater details and accurate documentation. Well done, Lois and Peter.”

Albert J. Marotta, MA, CHT, Alhambra, CA

“The Spirits of Amoskeag seized my attention from the moment I saw the haunting cover! It’s a historical account of human tragedy, murder, and soulful redemption, wrapped in mesmerizing personal accounts of spirit releasement. With decades of experience in corporate America and a pioneer in the medical industry, one might not expect that Lois’s first work of non-fiction would be about ghosts and hypnotic regression. Yet, it simply lends to the credibility of her work, the courage she demonstrated in telling this story, and the journey that both she and Peter are still on.

From a practitioner’s point of view, this book is filled with insights and strategies for helping people who have not found relief from traditional modes of therapy. Any psychologist, counselor, hypnotherapist, life coach, shaman, or metaphysical healer would greatly benefit from possessing these tools. **If you enjoy books that are entertaining, inspiring, and thought-provoking, put this book at the top of your list! Congratulations,** Lois and Peter, for having the guts to trust your instincts and follow the road less traveled!”

Tim Shurr, MA, CHT, President Shurr Success, Indianapolis, IN

“Bless you, dear Lois, for being willing to journey in the way described in your book. And for your faith in Spirit which called you to finish what you promised. What came to mind, as I read this account, was how the stories of the children of the Manchester mills, their families and the people of privilege, who benefited from their labor, are repeated today in the world’s child slave market. **May everyone who reads this book be inspired to learn more about what is happening now, and do something about it.**”

Rev. Barbara McKusick Liscord, UUCM, Milford, NH

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