



# **The Ghost Hunter's Survival Guide: Protection Techniques for Encounters With The Paranormal**

*Michelle Belanger*

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Chasing the unseen has become a popular pastime but most ghost hunters are unaware of the very real harm that can be done by malevolent human spirits, non-human entities, and a host of astral parasites. This guide from medium and paranormal investigator Michelle Belanger features proven protection techniques-and for the skeptics out there, highlights how the methods also work on a psychological level. You'll get straightforward instruction on arming yourself with an array of essential techniques:

- Perform psychic cleansings
- Remove attachments
- Protect dreams
- Shield spaces
- Ward to protect a home
- Remove and bind spirits
- Cope with spirit possession

Woven through each chapter is a gripping, true account of a ghost investigation conducted by Belanger, which provides a framework for understanding when to use these potent defense strategies.

"Michelle Belanger is without a doubt the go-to person for paranormal enthusiasts looking to learn more."—Ryan Buell, founder of the Paranormal Research Society

"I highly recommend this book to all those who truly wish to gain respect as a ghost hunter of integrity."—Brad Steiger, author/coauthor of 170 books on paranormal and metaphysical subjects, including *Real Ghosts*, *Restless Spirits*, and *Haunted Places*

"I certainly never thought I needed a book like this, but Michelle has lots of practical advice that even we skeptics can use to keep our heads in order."—Adam Selzer, author of *Your Neighborhood Gives Me the Creeps*

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