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Raymond White



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Arrow Through the Heart of Time is a blend of contemporary romance, time travel, and metaphysical fiction shrouded in a forbidden love affair. It's a story that follows a fallen psychiatrist and his mysterious patient as they race against time to confront and come to terms with an eternal bond neither of them understands—one that spans several lifetimes, is plagued by multiple failed attempts to find true love, and defies logic.

Dr. Romeo Carrington, a highly regarded Manhattan psychiatrist, has lost everything: his daughter, his marriage, and his identity. Entering alcohol rehab more broken than alive, Rome stumbles upon hypnotherapy as both a lifeline and a revelation where his own recovery is concerned. It's there he encounters a fellow patient, Emily Best—a former elite New York City escort with whom he's had a brief, failed, intimate encounter years ago, but who likely has no recollection of him.

Although they never speak at rehab, their connection reignites, as before long, and seemingly by coincidence, when Rome's colleague is unavailable to treat Emily on an emergency mental health visit, she becomes his patient, presenting with suicidal ideations thought to be brought on by a traumatic life now wrapped in substance withdrawal.

Traditional medicine can't help her, though. Any medication Rome tries is ineffective, pushing her closer to her breaking point as Rome incurs her rage for failing her. As a last resort he uses hypnosis to help ease her severe depression and anxiety, which is not only successful but shockingly gives rise to a series of spontaneous past life regressions, opening a strange portal to multiple shattered relationships between the two of them over time.