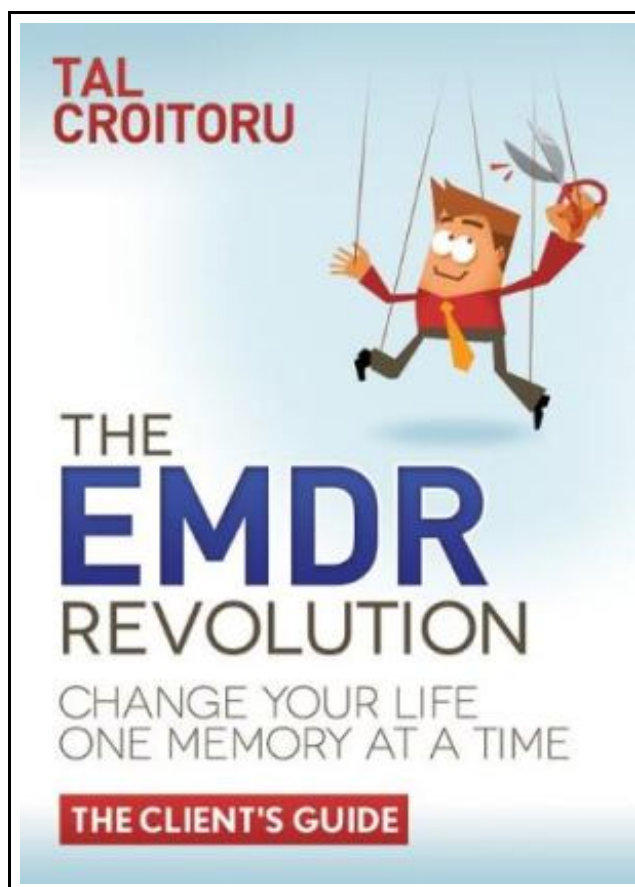


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(Prof. Damon Kautzer III)

THE EMDR REVOLUTION: CHANGE YOUR LIFE ONE MEMORY AT A TIME (THE CLIENTS GUIDE)



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Morgan James Publishing. Hardcover. Book Condition: New. Hardcover. 196 pages. Dimensions: 8.1in. x 5.1in. x 0.7in. Have you been experiencing negative feelings for a significant amount of time, or are you experiencing negative feelings as the result of a crisis or traumatic event that don't seem to pass on their own? Do you feel that you have internal obstacles that prevent or inhibit you from advancing and breaking through, even though in theory you know what needs to be done? Have you noticed that you exhibit patterns of behavior that hinder you in your personal or professional life that awareness alone does not prevent you from repeating? Do you have unpleasant feelings, fears, or concerns that prevent you from speaking before an audience, cause you to feel uncomfortable being the center of attention, and block you from advancement in your personal or professional life? The good news is that this condition is reversible. Even better news: Through a novel form of psychotherapy called Eye Movement Desensitization and Reprocessing (EMDR), the rate of change is faster than ever thought possible. For example, did you know: EMDR is a psychotherapeutic treatment that yields meaningful results within weeks in cases where other methods take months or years to go into effect. Many studies confirm the effectiveness and success of the method within just a few therapy sessions. Millions of people have already successfully been treated by this method. Inside *The EMDR Revolution* you will discover the important information you need when feeling distressed or inhibited, as a way to select the appropriate help. Reading the personal stories contained within will teach you a lot about yourself: what affects you, what motivates you, and what limits you. You deserve a better life. EMDR can help you heal your life, one memory at a time, and live the life you were meant...



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