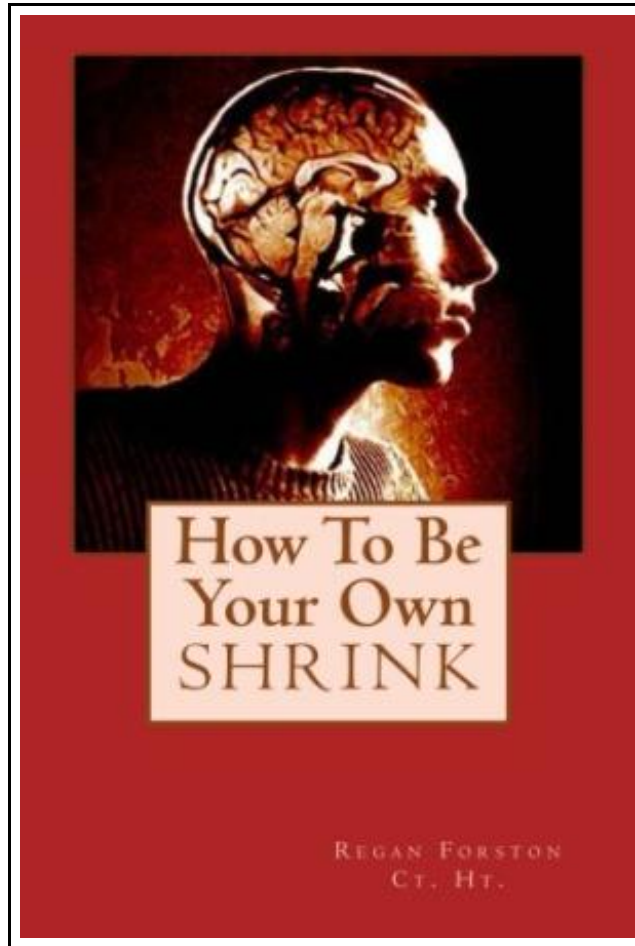


How to Be Your Own Shrink



Filesize: 1.13 MB

Reviews

This type of pdf is everything and helped me searching ahead and a lot more. It normally does not expense a lot of. You wont really feel monotony at anytime of the time (that's what catalogues are for relating to should you request me).

(Zella Bradtke)

HOW TO BE YOUR OWN SHRINK



Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.FREE THERAPY. That s right; your therapy is going to be absolutely FREE. Instead of going to a therapist at \$200 per hour and spending years in his chair, you can now be your own therapist. Newly found therapies in Energy Psychology that are easy to learn and use have made this possible. You don t need 8 years of college and a PHD anymore to know how to cure even the most severe emotional issues. These therapies are so easy to learn that children around the world are now using them to heal their emotional trauma. Imagine your fear or phobia gone in one hour. Imagine feeling immediate relief from emotional trauma. Studies, some of them done at the Harvard Medical School, have proven that these new techniques are for real and effective. You will learn 3 different modalities in this book, each one compliments the other. The biggie is EFT (Emotional Freedom Technique), considered to be the fastest healing mode on the planet. Second you will learn how real and effective Self Hypnosis is. You will be able to put yourself in Hypnosis in minutes and be your own mind mechanic. You will learn how to create your Safe Haven a place you can go in your mind for rest and relaxation. You will also learn a great technique for forgiving your trespassers. Finally you will learn an ancient technique for healing yourself and others around you called Ho oponopono. It helps you balance your emotional issues as they come up during the day. I am getting rave reviews from my clients whom I have taught this to. Each modality compliments the other for a Holistic...



[Read How to Be Your Own Shrink Online](#)



[Download PDF How to Be Your Own Shrink](#)

Other Kindle Books



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and...

[Save Book »](#)



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Save Book »](#)



Patent Ease: How to Write You Own Patent Application

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners!...

[Save Book »](#)



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any...

[Save Book »](#)



How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

[Save Book »](#)

**Valley Forge: The History and Legacy of the Most Famous Military Camp of the Revolutionary War**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.*Includes pictures *Includes accounts of Valley Forge written by Washington and other generals

[Save Book »](#)

**Polly Oliver s Problem: A Story for Girls**

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator.

[Save Book »](#)

**The Talking Beasts (Dodo Press)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

[Save Book »](#)

**The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint)**

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for

[Save Book »](#)

**A Summer in a Canyon (Dodo Press)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author

[Save Book »](#)