



Code to Joy: The Four-Step Solution to Unlocking Your Natural State of Happiness

By George J. Pratt, Peter Lambrou, John David Mann

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Code to Joy: The Four-Step Solution to Unlocking Your Natural State of Happiness, George J. Pratt, Peter Lambrou, John David Mann, Larry King wrote the foreword. Beneath the surface-undiagnosed, untreated, and often unspoken-there is a pervasive cloud of unease affecting virtually everyone. According to Drs. George Pratt and Peter Lambrou, this fog of distress is the result of events in our past that have left psychological impressions. They're the reason so many people feel unloved, guilty, ashamed, fearful, and unsafe. It's the basis of addictions, sleeplessness, bad habits, conflict and unsatisfying relationships. It is why so many can't seem to be able get out of their own way. These impressions are so deeply embedded in our psyche that often we're not consciously aware of them. The revolutionary four-step solution helps readers identify the negative blocking beliefs and defuse them in a matter of minutes. The four-step process forms the heart of "Code to Joy". Identify: Identify the underlying negative beliefs at the root of our distress, and locate the events in our past that may have triggered them. Clear: Rebalance the body's energy system to prepare it for the reorganization to...



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