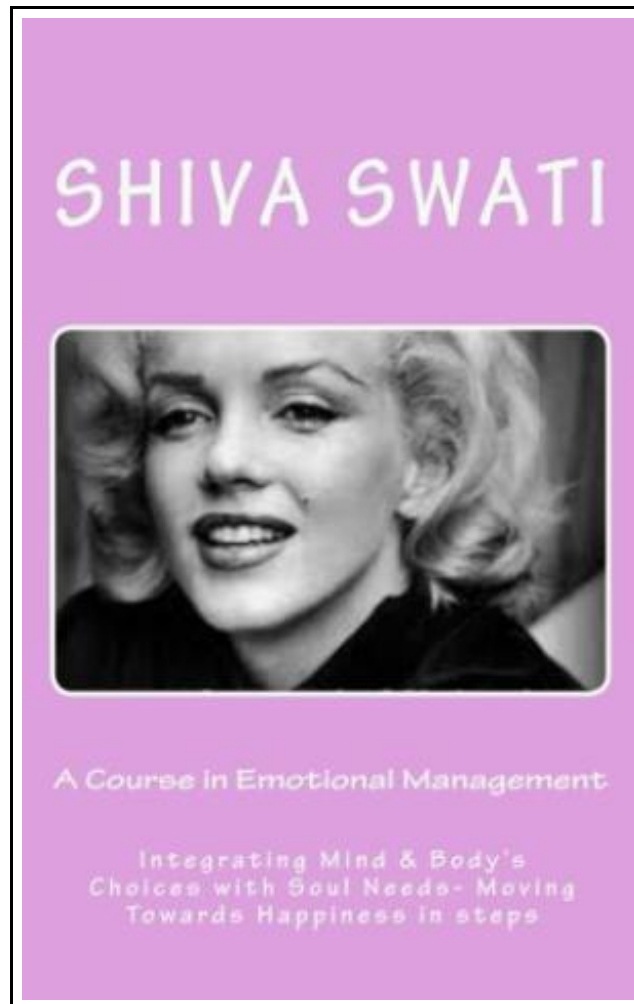


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The Course in Emotional Management is a uniquely designed course which helps you connect with your subconscious mind for understanding your core problems and deleting sad memories. This Course addresses how to access the subconscious mind and understand patterns of thinking which make you feel helpless and act irrationally. The Course covers techniques of Self-Hypnosis which can be used for deleting past sad memories and replacing the subconscious energies with happy feelings for automatically rising to a higher level of happiness in the present. Attaining happiness is a long-term process but it cannot ever be attained by pursuing success, money or power blindly. Happiness has to be addressed as a goal by itself as this Course signifies. Health and Happiness are synchronized as being healthy is necessary to be happy but it is not possible to be healthy unless you are happy. The release of positive hormones in the body necessary for good health require a focus on feelings of happiness. If Happiness starts dying in life, health automatically starts becoming bad. This Course explains how positive thinking cannot be attained just by rational counselling but requires cleansing the subconscious mind of negative thinking by techniques of energy therapy for transcending negative energies into neutral or positive. As this Course helps you access tools of happiness, you will find how optimism, peace of mind and an understanding of inner self are necessary for moving towards happiness in steps. This book is the first in a series of five books which detail step-wise techniques of accessing, understanding, disciplining and guiding the subconscious needs to attain happiness.



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