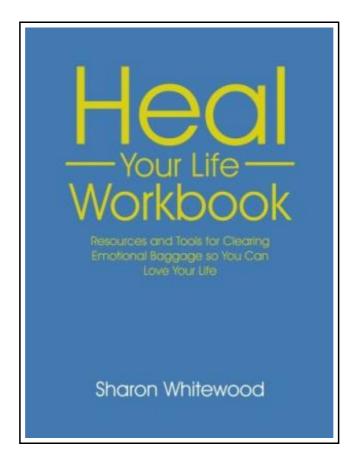
### Heal Your Life Workbook: Resources and Tools for Clearing Emotional Baggage So You Can Love Your Life



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### Reviews

This is the finest book i have got go through right up until now. I have got read and i also am confident that i am going to planning to read once again yet again in the future. You will not truly feel monotony at at any time of the time (that's what catalogs are for about if you check with me). (Taylor Medhurst)

# HEAL YOUR LIFE WORKBOOK: RESOURCES AND TOOLS FOR CLEARING EMOTIONAL BAGGAGE SO YOU CAN LOVE YOUR LIFE



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Balboa Press Australia, United States, 2014. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Heal Your Life Workbook teaches three self-help techniques for releasing emotional trauma, anxiety and depression. The author, Sharon Whitewood, has developed an integrated process for this inner work and articulates this in a structured and organised way while also providing extensive resources for self-understanding and reflection. Journaling, Focusing and Meridian Tapping techniques are demonstrated, reliable techniques in their own right for resolving emotional baggage but together in an integrated process they are highly effective and fast for the individual working on their own or with an experienced therapist. This is a self-help workbook which enables to reader to identify, tune into and release painful and debilitating experiences that prevent them from living fully and achieving their desires.

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