



## How to Be Your Own Shrink

By Regan Forston

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...



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