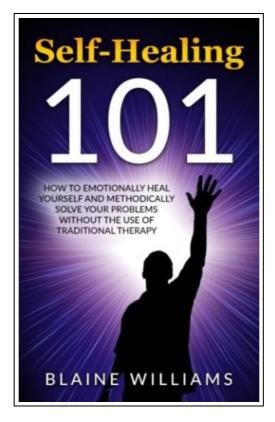
Self Healing 101: How to Emotionally Heal Yourself and Methodically Solve Your Problems Without the Use of Traditional Therapy (Paperback)



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Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Evie Emmerich)

SELF HEALING 101: HOW TO EMOTIONALLY HEAL YOURSELF AND METHODICALLY SOLVE YOUR PROBLEMS WITHOUT THE USE OF TRADITIONAL THERAPY (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******.Do you suffer from depression, anxiety, anger management problems, or other forms of mental discomfort? Do you have emotional wounds that just won t close? Have you thought about therapy, but you can t afford it? Have you tried therapy and found that it just doesn t work for you? If you answered yes to any of these questions, then you have picked up the right book. This book will teach you how to heal yourself and the wounds that you suffer from. You don t have to suffer in silence anymore. You also don t have to fork out massive amounts of money for a questionable therapist who may or may not actually help you. All you have to do is read this book and start employing the many different self-healing therapeutic approaches contained in these pages. This book discusses the cornerstones of self-healing, such as loving yourself and improving your outlook on life. In addition, this book helps you learn about all of the therapeutic options that are available to you. You will learn about CBT, mindfulness, schema-based therapy, ascension, self-hypnosis, and therapeutic touch. The best part? You can use all of these methods on yourself without involving or paying anyone else. You have the power locked inside of you, and this book shows you how to unlock it. The power to get well lies within you. The power to heal yourself also lies within you. Unlock it today and start healing your emotional wounds with the help of this book.

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