



The Secret To End Suffering And Releasing Pain

This eBook differs from other books of a similar genre in body/mind/spirit by giving you the secrets to stop suffering and the most effective way to handle pain. Various methods describe 21 possible benefits for improving emotional health.

Oct. 3, 2010 - [PRLog](#) -- Are you ready to release your physical and emotional chronic pain, suffering, and emotional distress now?

With the eBook, "Emotional Health: The Secret for Freedom from Drama, Trauma, and Pain", you get an owner's manual describing practical methods to release your physical and emotional chronic pain, suffering, and emotional distress.

21 BENEFITS INCLUDE:

- * • A Healthier Body
- * • A longer, healthier life & Improved Emotional Wellbeing
- * • Ability to Develop Personal Weakness into Strengths
- * • Clearer Understanding of Life Purpose/Life Path
- * • Decreased Chronic Pain
- * • Experiencing Heart to Heart Intimacy
- * • Feeling a Deeper Connection with Your Higher Power
- * • Heal patterns of anger to be more loving
- * • Heal patterns of fear
- * • Healthier Relationships through Conflict Resolution
- * • Increased Ability to Make Healthy Choices
- * • Improved Communication Skills
- * • Learning to Express Your Emotional Needs
- * • Learning to Master Negative Thoughts
- * • Less Anxiety & Managing Daily Stress
- * • Less Self-Doubt, Better Self-Esteem, & Greater Self-Awareness
- * • More Enjoyment, Joy, & Peace
- * • More Happy, Positive, & Uplifted Feelings
- * • Release & Healing Addictions & Trauma
- * • Stronger Personal Boundaries
- * • Shift from Victim to Personal Empowerment

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Price \$29.00 which includes for the 1st time Parts 1, 2, & 3 with 351 pages and 99 colored images.

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Emotional Health Tips, Energy Medicine, Emotional Healing. Practical methods to release your physical and emotional chronic pain, suffering, and emotional distress.

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