



The Clarity Cleanse: 12 Steps to Finding Renewed Energy, Spiritual Fulfilment and Emotional Healing (Paperback)

By Dr Habib Sadeghi

Little, Brown Book Group, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. A GOOP insider and advisor to Gwyneth Paltrow, Emily Blunt, Tim Robbins, Stella McCartney and others, Dr Sadeghi shows you how to turn obstacles into healing and energising opportunities. Based on the powerful mind-body strategy Dr Habib Sadeghi developed to help himself recover from cancer more than twenty years ago, THE CLARITY CLEANSE will enable you to clear your mind and heal your body. The Clarity Cleanse has two components: DIETARY and EMOTIONAL. The diet is designed to negate the physical residue of repressed emotions in the organs most affected by negativity. By following this diet for 10 days a month while alternating between emotional purging exercises - 12-minute writings and 12-minute dialogues - readers will find emotional clarity, clarity of vision and clarity of action in their daily lives. With THE CLARITY CLEANSE you learn how to: * Create clear intention * Purge negative emotions * Practice compassionate self-forgiveness * Refocus negative energy to move beyond doubt and fear * Ask the kind of questions that will help your relationships By following the twelve steps in this book, you will achieve a sense of peace and control, raise your self-esteem, and...



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