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EMOTIONAL CLEARING: RELEASING NEGATIVE FEELINGS AND AWAKENING UNCONDITIONAL HAPPINESS



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Emotional Clearing: Releasing Negative Feelings and Awakening Unconditional Happiness, John Ruskan, There is more and more discussion today about our vital need to release trapped, negative feelings as a way of reaching personal fulfilment and optimal health. In this ground-breaking, highly praised work, John Ruskan presents a profound system of self-therapy, based on both Eastern and Western methods, through which you can learn how to: Understand your real feelings and use them...

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- Authored by John Ruskan
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