



# **Emotional Healing And Happiness Handbook: How to leave behind negative emotions and live the life you want.**

*M Gordon*

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## **What is Emotional Freedom?**

- Is it feeling free of hurt from previous painful experiences?
- Is it just expressing one's self without fear of reprisals?
- Is it feeling comfortable with being who you are?

In this hyper-critical society, being yourself can feel akin to being diagnosed with a fatal disease. It can be hard to feel accepted, or maybe you feel too damaged by past experiences, and that can lead to sadness, depression, and other painful health or emotional issues.

What if there was a way to get free and release it all?

Prepare to experience a transformational journey to happiness and serenity to a place where no negativity can find you. You have the ability to release yourself from anxiety, depression, fear and anger and because you are the one in control of your happiness.

The Emotional Healing and Happiness Handbook is a road map filled with easy-to-follow instructions to help heal emotional damage, insecurity, and self-consciousness so you can live a free and unburdened life.

Learn empowering (and some fun and lighthearted) ways to quickly and easily turn potentially negative events into positive ones.

**It's time to get behind the wheel of your own emotional driver's seat!**

Finding Happiness, Finding Inner Peace, Being Happy, Emotional Healing

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