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“ EMOTIONAL FREEDOM combines neuroscience, psychology, and spirituality to present a new approach for freeing yourself from negative emotions. This book offers you a path to greater health, intimacy, and compassion. ”  
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The issue is something that is actually discussed in the book, but likely won't make sense to the person who is only initially starting the transformation of their life. Emotional Freedom takes a certain initial bravery to liberate from negative emotions and that sort of honesty is just plain hard.

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A New York Times bestseller, Emotional Freedom is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good

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Emotional Freedom: Liberate Yourself From Negative ...  
Emotional Freedom : Liberate Yourself from Negative Emotions and Transform Your Life.

Emotional Freedom: Liberate Yourself... book by Judith Orloff

You possess the ability to liberate yourself from worry, anger, and fear. True emotional freedom is closer than you think. Synthesizing neuroscience, intuitive medicine, psychological and subtle energy techniques, Dr. Orloff maps the elegant relationships between our minds, bodies, spirits, and our environments.

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Emotional Freedom Description - Judith Orloff MD

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Emotional Freedom | Psychology Today

Judith Orloff, MD: Emotional freedom is your ability to love

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Transforming Your Life with Grief

by cultivating positive emotions and being able to compassionately witness and transform negative ones, whether they 're yours or another 's. This skill liberates you from fear and lets you navigate adversity without attacking someone, losing your cool or being derailed by negativity.

## Emotional Freedom: Liberate Yourself From Negative ...

No matter how stressed you currently feel, the time for positive change is now. You possess the ability to liberate yourself from depression, anger, and fear. Emotional Freedom is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better.

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Emotional Freedom > Judith Orloff - Spirit Library

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"Emotional Freedom" is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better. As Dr. Orloff shows, each day presents

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opportunities for us to be heroes in our own lives: to turn away from negativity, react constructively, and seize command of any ...

## Emotional Freedom: Liberate Yourself from Negative ...

You possess the ability to liberate yourself from depression, anger, and fear. Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr. Orloff maps the elegant relationships between our minds, bodies, spirits, and environments.

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