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# HEAL YOUR LIFE WORKBOOK: RESOURCES AND TOOLS FOR CLEARING EMOTIONAL BAGGAGE SO YOU CAN LOVE YOUR LIFE (PAPERBACK)



Balboa Press Australia, United States, 2014. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Heal Your Life Workbook teaches three self-help techniques for releasing emotional trauma, anxiety and depression. The author, Sharon Whitewood, has developed an integrated process for this inner work and articulates this in a structured and organised way while also providing extensive resources for self-understanding and reflection. Journaling, Focusing and Meridian Tapping techniques are demonstrated, reliable...

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- Authored by Sharon Whitewood
- Released at 2014

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