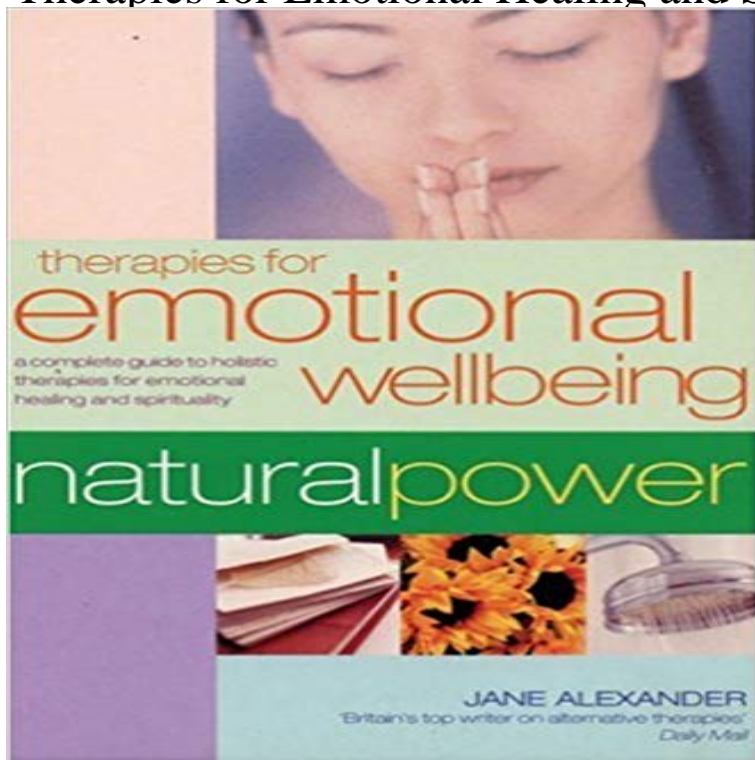


Therapies for Emotional Wellbeing: A Complete Guide to Holistic Therapies for Emotional Healing and Spirituality (Natural Power series)



This guide explains how to improve your emotional health and well-being. Explore more than 50 healing therapies; find out how to incorporate emotional healing and spirituality into everyday life; follow simple exercises and techniques to de-stress your life; learn about 13 spiritual traditions that will enrich your soul; discover how to create an oasis of peace in the midst of a busy schedule; and re-balance and calm your emotions through meditation and dream work.

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