

The Sedona Method

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Validated and proven effective by a Harvard Medical School study and results from tens of thousands of people throughout the world for over a quarter of a century, The Sedona Method is a quick, easy, highly-effective, yet elegant way for you to protect and expand your sense of inner security and well-being-even in today's challenging and demanding environment. The Sedona Method will show you how to access your natural ability to let go of any unwanted thought or feeling on the spot-even when you are right in the middle of life's greatest challenges. This will free you to quickly and easily have all that you choose. In short, The Sedona Method will show you how to enjoy living a happier, more productive, more satisfying, more loving and joyous life. Because our world has changed so radically, letting go is a critical survival skill that we all need in order to maintain and expand upon the life that up until now we may have taken for granted. Tapping your natural ability to release will allow you to produce results far beyond what you could achieve with any other transformational tool available today. In fact, the results will often seem quite miraculous. We realize that these claims may sound extravagant; however, if you are open, you can attain an inner mastery and true happiness you never dreamed possible. This can all be yours, because The Sedona Method is not another "should" or external "fix." It is a powerful way for you to transform yourself from the inside out, easily and permanently. "In The Sedona Method, Hale Dwoskin provides us with a practical, wise and proven formula for emotional and mental freedom to experience the joy and pleasure of simply being alive." -- John Gray, Ph.D., Author of Men Are from Mars, Women Are from Venus "The Sedona Method is a unique program for making positive changes in your life. As you learn this simple process of releasing the underlying emotions that rob you of abundance and joy, your fear and anxiety will gently slip away. If you allow yourself to do the exercises in this book, you'll be shocked by how quickly your life changes" -- Cheryl Richardson, New York Times best-selling author of Stand Up for Your Life and Take Time for Your Life "There is no pilgrimage more important than the one we undertake to explore ourselves. The Sedona Method is a valuable tool to help make our journey of self-discovery one that leads to powerful personal breakthroughs and new beginnings. Designed with wisdom, simplicity and compassion, it will offer you

ways to live the life you've always dreamed of." -- Barbara De Angelis, Author of Real Moments and What Women Want Men To Know "This is a powerful and profound way of achieving immediate and lasting improvements and breakthroughs in your personal and business life. Incredibly effective " -- Brian Tracy, Author of Deals " The Sedona Method is an extremely powerful tool for emotional freedom and wellness. I highly recommend it " -- Mark Victor Hansen, co-creator of the #1 New York Times best-selling series Chicken Soup for the Soul and co-author of The One-Minute Millionaire "The Sedona Method is an extremely powerful tool that will support you in finding inner balance and emotional freedom. The technique supports you in quickly shifting your state of consciousness from one of stress and resistance to one of relaxation and allowance. I highly recommend it." -- Debbie Ford, best-selling author of The Right Questions and The Secret of the Shadow "The Sedona Method is a wonderful contribution to the field of self-acceptance and transformation. This is like an accessible, western form of Buddhist teachings that can free our hearts and minds from our self-made limitations and the old stories we tell ourselves." -- Lama Surya Das. author of Awakening The Buddha Within And Letting Go Of The Person You Used To Be "Brilliantly simple and simply brilliant The Sedona Method is a great resource for coaches, therapists, healers, managers, and anyone who desires deep, gentle change at a rapid pace." -- Gay Hendricks, Ph.D., author of Conscious Loving and The Conscious Heart "The Sedona Method is an effective tool for getting rid of the 'victim' mentality. Instead of giving away our power to others, Hale Dwoskin encourages us to look inside and take control of our own experiences of life. That's powerful " -- Susan Jeffers, Ph.D., author of Feel the Fear and Do It Anyway and Embracing Uncertainty "Hale Dwoskin has succeeded in presenting a masterful healing system with a treasure of practical examples for bringing it to life. The Sedona Method contains many jewels of illumination that can take your life to the next level. Practicing these principles can bring you home. Here is a rare and useful manual for awakening." -- Alan Cohen, author of A Deep Breath of Life "A breakthrough book in terms of realizing your goals and dreams and living a life that is richer, more meaningful and much more enjoyable. And all without having to work so damn hard at it " -- Robert Kriegel, Ph.D., NY Times best-selling author of If it Ain't Broke--Break it and How to Succeed in Business Without Having to Work so Damn Hard. "The Sedona Method is an easy-to-use, practical guide to releasing emotional tension, one of the key steps I recommend in my medical practice for achieving resilience, vitality, and long-term health. This book is a valuable adjunct to every healthcare program." -- Frank Lipman, M.D. and author of Total Renewal

作者介绍:

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评论

读的是中文版，看的过程比较累，收获还是有的。

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