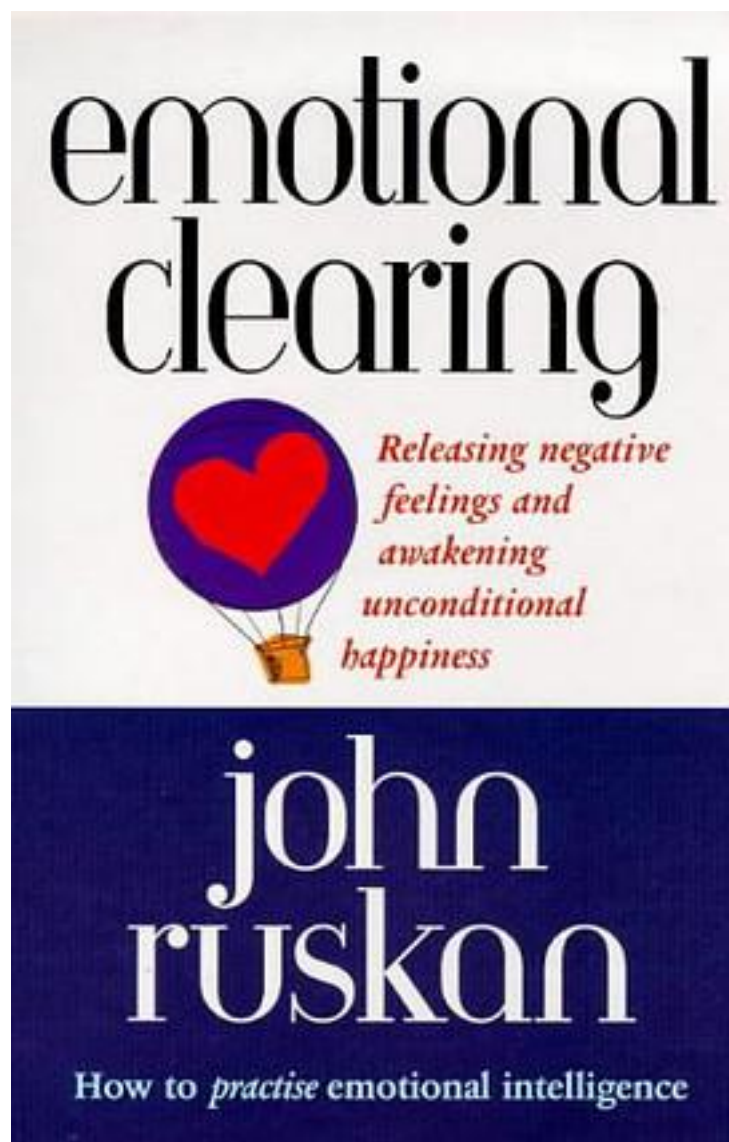


Emotional Clearing



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著者:John Ruskan

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There is more and more discussion today about our vital need to release trapped, negative feelings as a way of reaching personal fulfilment and optimal health. In this ground-breaking, highly praised work, John Ruskan presents a profound system of self-therapy, based on both Eastern and Western methods, through which you can learn how to: Understand your real feelings and use them for emotional and spiritual growth. Prevent negative ones from contaminating your life and relationships. Enhance emotional release through well-tested, easy-to-follow techniques. Initiate deep personal change. Typical emotional issues with which we all struggle include depression, anxiety, anger, love/hate, loneliness, sexual blocks, tendencies to control, various compulsions, relationship problems and so on. This book provides the practical skills to deal intelligently with your feelings - and touch and transform all levels of your being. 'Ruskan has achieved a challenging and difficult task, clarifying the interface between Western psychology and Eastern spiritual tradition' (19970908)

作者介绍:

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