



Finding Emotional Freedom: Access the Truth Your Brain Already Knows

Dave Jetson

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Emotional freedom is our birthright, but most of us don't know how to find it. This book provides a path. Finding Emotional Freedom can help you if—

- Your childhood was marked by abandonment, neglect, or abuse.
- You feel emotionally stuck or controlled by fear.
- You feel as if you're living a lie.
- Treatment programs, self-help books, or support groups haven't helped you create the life you want.
- You keep repeating negative, codependent patterns in your relationships and other areas of your life.
- You want to live a happy life, but you don't know how.

Our brains, trying to protect us from emotional pain, hide our true selves and wall us off from our authentic feelings. Deep therapy that accesses both the mind and the heart can help us recover from emotional trauma and create lasting change. Finding Emotional Freedom is not a self-help book, but a guidebook to the process and the possibilities. It tells you how and where to seek help to access the truth that will restore your emotional voice and set you free. Dave Jetson, MS, is trained in intuitive experiential therapy, which accesses both the conscious and unconscious parts of the brain. In this book, he combines current brain research with his years of experience to offer a compelling method of deep recovery and transformation. ". . . a common-sense proven approach to recreating and living the life you long for and deserve. Many self-help books come across my desk, but this one stood out. I would highly recommend it." Miles Adcox, CEO, Onsite Workshops "Dave Jetson is the real deal, one of those rare guides who has actually done and succeeded at what he teaches. If you want to transform your life and relationships, read this book." Rick Kahler, CFP®, Co-Author of Conscious Finance "Dave Jetson boldly and respectfully shines the light of truth into some of the darkest, often unexplored, cellars of our lives." James Gardiner, PhD, Clinical Psychologist

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Jonathan McLean:

This Finding Emotional Freedom: Access the Truth Your Brain Already Knows are reliable for you who want to be a successful person, why. The main reason of this Finding Emotional Freedom: Access the Truth Your Brain Already Knows can be one of the great books you must have will be giving you more than just simple studying food but feed you actually with information that probably will shock your previous knowledge. This book is actually handy, you can bring it everywhere and whenever your conditions throughout the e-book and printed versions. Beside that this Finding Emotional Freedom: Access the Truth Your Brain Already Knows forcing you to have an enormous of experience including rich vocabulary, giving you tryout of critical thinking that could it useful in your day exercise. So , let's have it and enjoy reading.

David Russell:

Reading a book tends to be new life style within this era globalization. With studying you can get a lot of information that can give you benefit in your life. Using book everyone in this world can certainly share their idea. Textbooks can also inspire a lot of people. Lots of author can inspire all their reader with their story or their experience. Not only the storyplot that share in the books. But also they write about the data about something that you need example of this. How to get the good score toefl, or how to teach children, there are many kinds of book that exist now. The authors on this planet always try to improve their proficiency in writing, they also doing some investigation before they write on their book. One of them is this Finding Emotional Freedom: Access the Truth Your Brain Already Knows.

Richard Hunt:

People live in this new day of lifestyle always aim to and must have the spare time or they will get lots of stress from both way of life and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not really a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to you of course your answer can unlimited right. Then do you ever try this one, reading books. It can be your alternative within spending your spare time, the particular book you have read is definitely Finding Emotional Freedom: Access the Truth Your Brain Already Knows.

Joseph Mack:

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