



Five Simple Steps to Emotional Healing: The Last Self-help Book You Will Ever Need

By Gloria Arenson

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, Five Simple Steps to Emotional Healing: The Last Self-help Book You Will Ever Need, Gloria Arenson, Meridian Therapy is a cutting-edge technique based on the ancient art of acupressure. It involves stimulating the energy meridians in the body by tapping on specific energy points and awakening their healing power. In Five Simple Steps to Emotional Healing, noted therapist Gloria Arenson explains the scientific basis of Meridian Therapy and teaches readers the five easy-to-follow steps that will allow them to break free from stress and negative emotions. Meridian Therapy can be practiced any time, anywhere, in order to improve performance in sports, work and in the bedroom. It can also stop the fears that limit activities and ruin relationships, eliminate procrastination and improve self-esteem.



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