



Emotional Health: The Secret for Freedom from Drama, Trauma, and Pain

Michael David Lawrence

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Emotional Health: The Secret for Freedom from Drama, Trauma, and Pain Michael David Lawrence **Would You Like to Know the Secret to Healing Your Emotional Pain?**

I, like many people, suppressed my emotions for most of my life. I emerged from a journey of agonizing pain, low esteem, codependent and victim behaviors. I succeeded to recognize, feel, and heal my emotions.

Imagine Like the People in this Book You Can:

- Break the cycle and free your chronic suffering
- Discover easy stress management tips
- Experience powerful personal transformation
- Learn proven ways for healing emotional pain and trauma
- Learn the secret for freedom from suffering
- Stop sabotaging your success

You May Wonder if These Methods Will Work for You Read Part 1 to Find Out How to:

- **Easily Face your fears**
- **Master Your Emotions**
- **Calm Your Mind**

When You Read Part 2 You Will Learn How to

- Recover from Codependency
- Heal Emotional Trauma
- Overcome Self-Sabotage

When You Read Part 3 You Will Learn How to

- Improve Emotional Well-Being
- Know the Simple Way to Finding Life Purpose
- Understand the Revealed Global Signs of Spiritual Awakening

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Dana Martin:

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