



# Twelve Steps to BioFeedback

*George Soroka*

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## **Twelve Steps to BioFeedback** George Soroka

""Within this book are the instructions to live inside your own skin and have on-going, joyous and powerful experience as the light-filled Being that you truly are."" Jan Hutkoff, B.A., M.S. Educator & Eating Disorder/Substance-Abuse Counselor  
12 Steps to Biofeedback is a minibook to help a person with easy steps to stay calm during the day, at work or while traveling.

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