



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

Gloria Arenson

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Tap Your Troubles Away

It's that simple. Meridian Therapy is a self-healing system that can be learned in minutes and can relieve a lifetime of emotional pain. 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 the bedroom

Stop the fears that limit activities and ruin relationships

Eliminate the urge to procrastinate

Conquer cravings and compulsions

Heal emotional scars and painful memories

Improve self-esteem

Dissolve panic attacks before they start



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