



Breaking The Grip Of Dangerous Emotions: Don't Break Down - Break Through!

Janet Maccaro PhD CNC

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Don't Break Down - Break Through! Get back on the road to health and happiness! Stop letting dangerous emotions rob you of your joy as you discover the truth about worry and stress. Learn how to replenish your physical body with natural foods that restore your health. Explore exciting and proven protocols for rebuilding and regenerating your body, mind and spirit as you embrace one of the greatest healing miracles of all time-unconditional love. YOU WILL LEARN ABOUT:

- Natural stress busters
- Identifying unresolved traumas
- Four levels of stress and personality types
- Tips to banish brain clutter

This book is your blueprint to help break the grip of past emotional wounds. Your time of personal renewal is here!



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