

## Facilitating With Ease A Step By Step Guidebook With Customizable Worksheets On Cd Rom

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quick easy emotional detoxes for whatever life throws at you feeling uninspired on a every monday morning cleanse it fuming after an argument two days later cleanse it exhausted by drama at the office cleanse it author sherrianna boyle s simple cleanse system will help you process difficult and overwhelming emotions no matter what they may be emotional detox now gives you the tools to take on whatever life throws your way covering over 135 different emotions and situations from decision making and disappointment to homesickness and heartbreak the book includes a cleanse for every situation and scenario it takes only a few minutes to move through

the cleanse process but you will find that the practice transforms your attitude by checking in with your body and allowing your emotions to fully manifest instead of brushing them aside you will be able to process what you are feeling and step back into your life refreshed and empowered to confront whatever challenge you may be facing

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