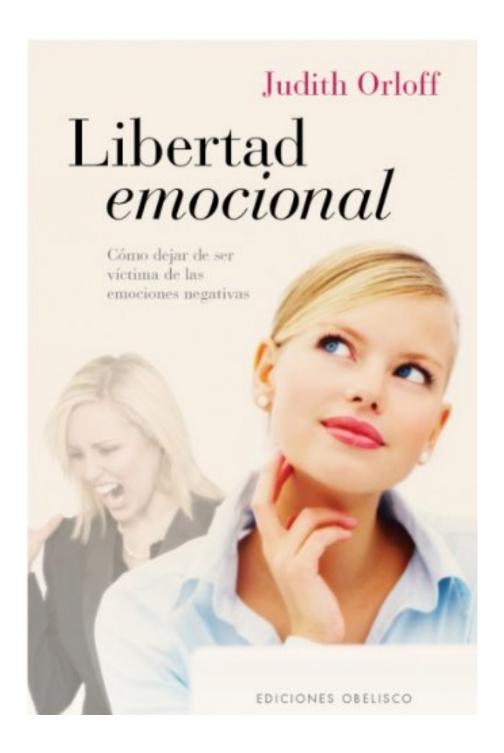


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En esta obra, la Dra. Judith Orloff esboza el mapa de las intrincadas relaciones que se establecen entre el cuerpo, la mente, el espiritu, y su entorno. Con compasion y sentido del humor, la autora nos ensena como se identifican y superan las emociones negativas mas potentes para transformarlas en esperanza, amor y valentia. Los metodos propuestos en este libro se ilustran a partir de numerosos casos extraidos de la vida real y de diversos estudios científicos, asi como la propia experiencia de la autora. / Emotional Freedom is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better. As Dr. Orloff shows, each day presents opportunities for us to be heroes in our own lives: to turn away from negativity, react constructively, and seize command of any situation.

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