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10 Steps to Take Charge of Your Emotional Life (In One)

Eve Wood

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10 Steps to Take Charge of Your Emotional Life (In One) Eve Wood

Psychiatrist, professor, and award-winning author Eve Wood trusts in your capacity to heal—to clear the way to a natural state of hope, harmony, and well-being. The insights and tools she shares in this book will enable you to identify and resolve your issues. Dr. Christiane Northrup says this book is "one of the best books I've ever seen on how to achieve emotional balance and happiness. It's practical, real world and very readable. Dr. Wood is my kind of doctor." Dr. Wood makes healing a simple process that anyone can understand. She walks you through ten steps that encompass examples, stories, exercises, and guidance. You'll take stock of where you are and discover what you can do to transform your life. You'll learn to address your negative thoughts and beliefs, make life choices that fit your nature, and develop strategies to support your innate capacity to heal. Whether you suspect that you're suffering from a known condition or you simply want to understand yourself better, this insightful book is a path, a promise, and a prayer for that truly transformative way of healing to begin.

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