

Emotional Healing

Start with ONE...

Guide

<http://kirstinscancercare.com>

Here is a Summary of the Resources referred to in Chapter 7 - *Allow Emotional Healing* to make it easier for you to find **JUST ONE THING** that you would like to explore further to become connected with this vitally important topic.

*** Weiss, Brian L. M.D. "Through Time into Healing – Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships" (1993), Touchstone Publisher

*** De Wet, Pieter M.D. "Heal Thyself – Transform Your Life Transform Your Health" (2010) Tate Publishing & Enterprises

*** Nelson, Bradley, M.D. "The Emotion Code – How to Release Your Trapped Emotions for Abundant Health, Love and Happiness" (2007) Wellness Unmasked Publishing

*** Neuro Emotional Technique

<https://www.netmindbody.com/for-patients/an-explanation-of-net>

*** Eye Movement Desensitization and Reprocessing

<http://www.emdr.com/>

*** Shapiro, Francine, "Getting Past your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy" (2013) Rodale Books.

*** Reiki

<http://www.reiki.org/>

*** Detzler, Robert "The Freedom Path" (2006) Spiritual Response Center.

<https://spiritualresponse.com/>

*** The Association for Applied Psychophysiology and Biofeedback

<http://www.aapb.org/i4a/pages/index.cfm?pageid=1>

*** Emotional Freedom Tapping

<http://www.thetappingsolution.com/what-is-eft-tapping/>
