

A SELF-THERAPY GUIDE

EMOTIONAL CLEARING

RELEASING NEGATIVE FEELINGS
and AWAKENING
UNCONDITIONAL HAPPINESS



JOHN RUSKAN

"Ruskan has achieved a challenging and difficult task, clarifying the interface between Western psychology and Eastern spiritual tradition."

- Dr. Harville Hendrix,
author of *GETTING THE LOVE YOU WANT*

Emotional Clearing The Handbook Of Integrative Processing

R Sandford



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