

The Guided Path From Trauma To Profound Freedom And Inner Peace



Happy Days: The Guided Path from Trauma to Profound Freedom and Inner Peace by Gabrielle Bernstein

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2095 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 236 pages



If you're ready to heal from trauma and find profound freedom and inner peace, this book is for you.

Trauma is a serious problem that can have a devastating impact on our lives. It can lead to physical, emotional, and psychological problems, and it can make it difficult to live a happy and fulfilling life.

The good news is that there is hope for healing from trauma. With the right help, you can overcome your trauma and create a life that is free from pain and suffering.

The Guided Path From Trauma To Profound Freedom And Inner Peace is a comprehensive guide that will help you understand your trauma, develop coping mechanisms, and create a life that is free from pain and suffering.

This book is written by a trauma survivor who has dedicated her life to helping others heal from trauma.

In this book, you will learn about:

- The different types of trauma
- The impact of trauma on the body and mind
- How to develop coping mechanisms for dealing with trauma
- How to create a life that is free from pain and suffering

If you're ready to heal from trauma and find profound freedom and inner peace, this book is for you. The Guided Path From Trauma To Profound Freedom And Inner Peace will help you understand your trauma, develop coping mechanisms, and create a life that is free from pain and suffering.

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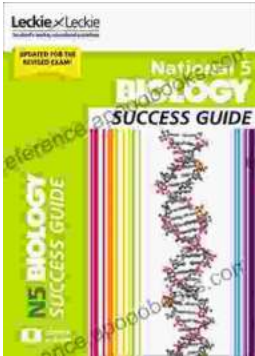
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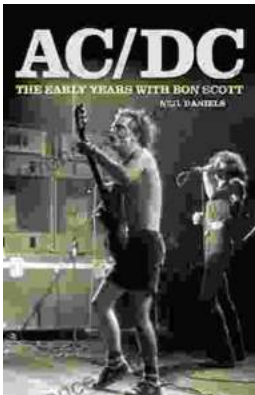
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