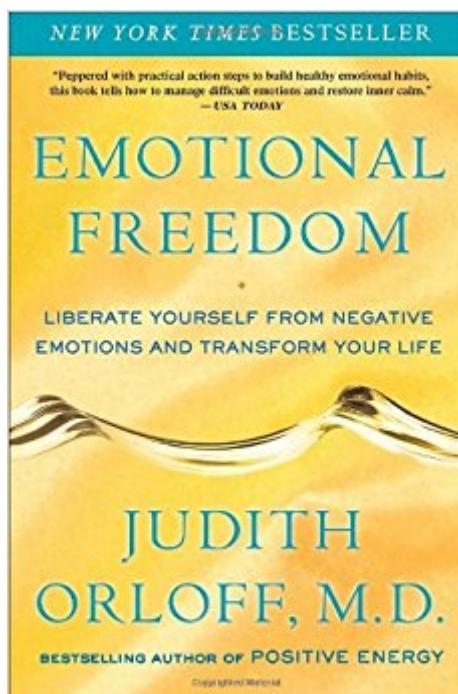


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# Emotional Freedom: Liberate Yourself From Negative Emotions And Transform Your Life



## Synopsis

Picture yourself trapped in a traffic jam feeling utterly calm. Imagine being unflappable and relaxed when your supervisor loses her temper. What if you were peaceful instead of anxious? What if your life were filled with nurturing relationships and a warm sense of belonging? This is what it feels like when you've achieved emotional freedom. National bestselling author Dr. Judith Orloff invites you to take a remarkable journey, one that leads to happiness and serenity, and a place where you can gain mastery over the negativity that pervades daily life. No matter how stressed you currently feel, the time for positive change is now. You possess the ability to liberate yourself from depression, anger, and fear. Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr. Orloff maps the elegant relationships between our minds, bodies, spirits, and environments. With humor and compassion, she shows you how to identify the most powerful negative emotions and how to transform them into hope, kindness, and courage. Compelling patient case studies and stories from her online community, her workshop participants, and her own private life illustrate the simple, easy-to-follow action steps that you can take to cope with emotional vampires, disappointments, and rejection. 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. Complete emotional freedom is within your grasp.

## Book Information

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## Customer Reviews

Starred Review. Orloff (*Second Sight*) offers a superbly written series of psychological strategies for maximizing positive emotions and minimizing toxic ones. A practicing psychiatrist, the author straddles the worlds of mainstream medicine and alternative healing; she regards emotions as a training ground for the soul, and views every victory over fear, anxiety, and resentment as a way to develop your spiritual muscles. As the self is the foundation for emotional freedom, the author discusses how readers can find their emotional type—intellectual, empathic, rock or gusher—and suggests how to find balance. Her tips include avoiding emotional vampires or consulting dreams, which she divides into three types: psychological (where fears and neuroses express themselves), predictive and guidance. The second half of the book tackles the most difficult life challenges: depression, loneliness, anxiety, frustration, rejection, grief, envy and bitterness. Orloff addresses each fully and frankly, using anecdotes from her own life and practice—the death of her mother, her own crippling envy. This insightful and positive book will assist anyone who is suffering in mapping a path out of pain. (Mar.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the Audible Audio Edition edition.

“Our faltering economy has cost many people more than their money: They've lost their peace of mind. Peppered with practical action steps to build healthy emotional habits this book tells how to manage difficult emotions and restore inner calm.”<sup>1</sup> “A road map for people who are stressed out, discouraged or overwhelmed, or for those who simply want to get to a better place. Orloff, a psychiatrist, offers a step-by-step way to change outlooks, alter behavior and cope with life's challenges.”<sup>2</sup> “Dr. Orloff has a gift for making psychology lively, relevant, and useful to laypeople, and *EMOTIONAL FREEDOM* provides an ample menu of highly original action steps to help you work through each emotional state to achieve well-being.”<sup>3</sup> “[A] superbly written series of psychological strategies for maximizing positive emotions and minimizing toxic ones.”<sup>4</sup> This insightful and positive book will assist anyone who is suffering in mapping a path out of pain.<sup>5</sup> “This well-written book is full of good advice for anyone who wants to take more control of his or her emotional life.”<sup>6</sup> “A must-read for anyone who is tired of feeling frustrated, lonely, jealous, or emotionally tense. Dr. Orloff shows you how to achieve a lightness of being and feel more positive and peaceful. Highly recommended.”<sup>7</sup> Deepak Chopra, M.D., author of *Reinventing the Body, Resurrecting the Soul*—“Spectacular! I endorse this book so heartily

because it gives a unique blend of the author's personal and professional experience to enlighten us, and it's a totally fascinating read. I recommend it to everyone who wants to overcome sabotaging emotional patterns to achieve self-mastery." "A heartfelt, accessible guide to the granceland of peace and calm" "regardless of our parents, our past, or our present. It's loaded with nuggets of practical and profound healing wisdom." "Absolutely brilliant. I couldn't put this book down!" "Caroline Myss, Ph.D., author of Entering the Castle: An Inner Path to God and Your Soul" "EMOTIONAL FREEDOM combines neuroscience, psychology, and spirituality to present a new approach for freeing yourself from negative emotions. This book offers you a path to greater health, intimacy, and compassion." "Dean Ornish, M.D., author of The Spectrum and Dr. Dean Ornish's Program for Reversing Heart Disease" "This book empowers us in exciting and remarkable ways. Dr. Orloff's wise insights about emotions serve us with wonderful clarity." "Neale Donald Walsch, author of Conversations with God" "An invaluable book written by one of the finest psychiatrists of our time." "Joan Borysenko, Ph.D., author of Minding the Body, Mending the Mind" "This book is a lifesaver for people who are frustrated, stressed, and anxious. If you long for more joy, give yourself a gift and read this book!" "Marci Shimoff, bestselling author of Chicken Soup for the Woman's Soul and Happy for No Reason" "A valuable guidebook for anyone who believes that greater possibilities await them, but has not yet realized them." "Larry Dossey, M.D., author of The Extraordinary Healing Power of Ordinary Things" "EMOTIONAL FREEDOM is packed with that rarest of combinations; it is both intensely informed by the wealth of Dr. Judith Orloff's professional experience, and it is resolutely compassionate." "Mary Oliver, Pulitzer Prize winning poet" From the Hardcover edition.

When I want to learn more about a topic, I buy a book. When I want to start a new endeavor, I buy a book. And when I need emotional support, you guessed it--I buy books. I've determined that I'm a sensitive person in an insensitive world and an extroverted introvert. But until I found Judith Orloff's book, I had never considered that I am also an intuitive; yes, I understood I possessed the gift of intuition, but not to the extent and with the understanding that Orloff offers. I purchased this book, along with many others, when I had to come to terms with something very difficult. I could either decide to deal with my emotional outlook, and live happily, or continue to stew in negative emotions.

After reading Emotional Freedom, I understood that it was indeed possible to choose to be happy, and to achieve that goal using Orloff's tools and advice. The book didn't make me happy; I had to make that decision myself. But it was affirmation for me that it was possible to approach this situation with a positive attitude and it equipped me with the methods to do so. You'll notice that I don't write a lot of reviews, although I purchase books from on almost a weekly basis. This is definitely one of my most important and beneficial purchases, and I hope this review helps others find it just as impactful.

Everyone you know can benefit from Dr. Orloff's book, "Emotional Freedom". Even if you think this book wouldn't apply to your life situation, I'm sure you know and care about someone who could benefit greatly. You see, this book could save their life. Dr. Orloff's soulful labor of love, "Emotional Freedom" literally saved my life. It is because of her journey, her compassion, love and courage that I am daring to take a small step of faith and live. Dr. Orloff's words are so engaging and helpful. Each section is full of practical steps that you can take right away. She patiently guides you through a path as she thoroughly and clearly explains emotions and the impact they have over our lives. I was told that when I was a child I was afraid to step through the door to my kindergarten class. Every day a different child was assigned the task of grabbing my hand and pulling me through the doorway. Nearly fifty-four years later, I am learning much about fear and courage. Recently, I was on the verge of opening a door leading to certain death. But I thank the Universe that I discovered Dr. Orloff's book. Today, a new door, a very special sacred door lies open for me. A new path to something better, a path of healing and hope. I am daring to step through this door and this time no one has to pull me through for I have found courage. Dr. Orloff has certainly rescued me from complete destruction and I am forever grateful!

Prompt delivery and in very good condition. Always pleased to find books at that I cannot find elsewhere.

Thank you for writing emotional freedom - it changed my life and made me feel so normal! I live in Huntington Beach and I never had the words to describe my experience with Vampire type people and now I feel like I am no longer alone in my situation. After losing my daughter (stillbirth 2013) and my brother (he was 19) I thought my life was a disaster. I've discovered my emotions and the power they have to change my life. Thank you so much for the powerful tools you give in your book - I can't say enough about how it helped change my life.

This is one of the best books I have ever read. I was incredibly hesitant at first, but somehow I connected with the message. I took this one chapter at a time and looked at how it could apply to my life. I have to say that since reading this I feel much happier with where I am in life. I had to remove some toxic people, but now I could justify the why. I don't regret it. Sure it's tough letting go of "the norm", but when you realize how much negativity was being cast on you then you start understanding how to find better relationships in life. I have done that and am immensely more happy than I think I have ever been. If you are looking for a book to help you understand what's been holding you back for years this one worked for me. I have also recommended this to many friends and family. I am going to try to read some others by Judith because I honestly feel she understands where people are coming from.

I bought this book a while ago. This book keeps on helping me with learning about: how to get rid of negative emotions such as anger, anxiety, etc. She also talks about emotional vampires(people who drain others by being negative). She describes the personality type and then offers suggestions on how to deal with them whether they are friends, family or boss. She talks about how to read your dreams. She describes each type of dream and how to read them. This book also talks about the sensitive person/empath personality. It's been a helpful book. One that I go back to time and time again. I recommend it.

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