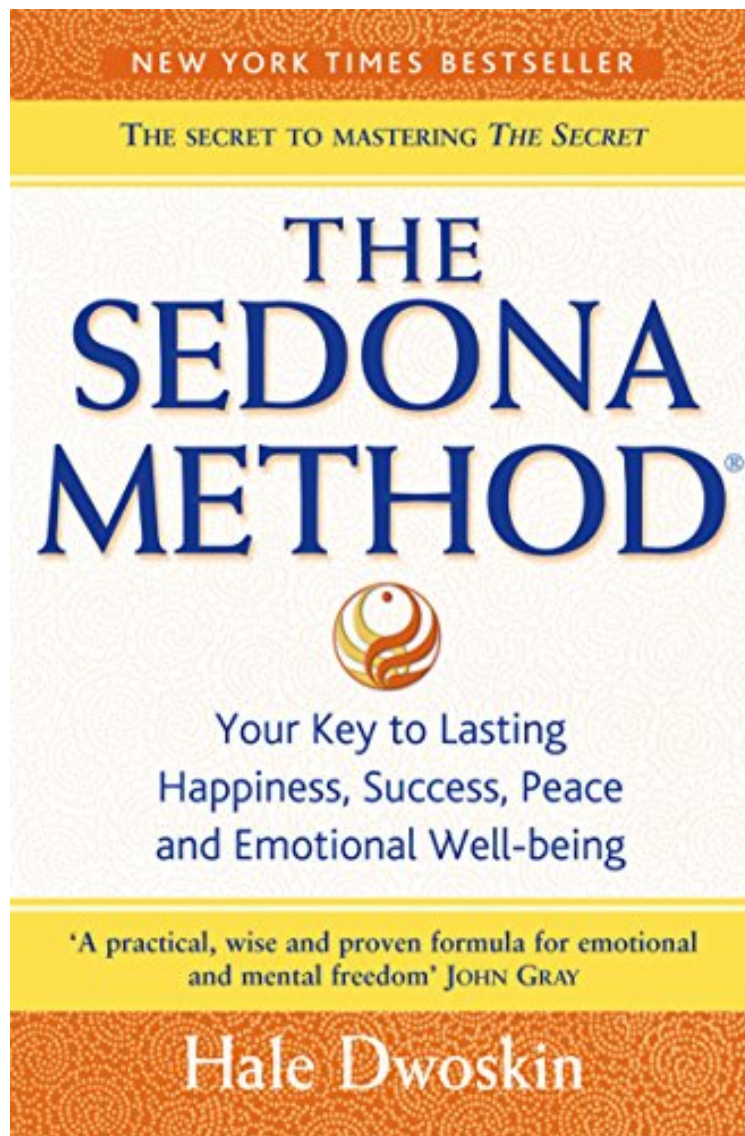


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The Sedona Method: Your Key to Lasting Happiness, Success, Peace and Emotional Well-being: How to Get Rid of Your Emotional Baggage and Live the Life You Want

Von Hale Dwoskin

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Von Hale Dwoskin : The Sedona Method: Your Key to Lasting Happiness, Success, Peace and Emotional Well-being: How to Get Rid of Your Emotional Baggage and Live the Life You Want before purchasing it in order to gage whether or not it would be worth my time, and all praised The Sedona Method: Your Key to Lasting Happiness,

Success, Peace and Emotional Well-being: How to Get Rid of Your Emotional Baggage and Live the Life You Want:

KundenrezensionenHilfreichste Kundenrezensionen3 von 3 Kunden fanden die folgende Rezension hilfreich. Sehr hilfreichVon Lia98Es sind jetzt glaube ich doch schon paar Jahre vergangen seit ich das Buch zum ersten Mal in den Fingern hatte, und ich arbeite immer noch mit der Methode. Dh sie ist alltagstauglich.Gerade wenn man aufwühlende Gefühle in sich hat und nicht zur Ruhe kommt, die Gedanken kreisen die ganze Zeit herum im Kopf.... hier setzt die Methode an. Man stoppt das Gedankenchaos, wird sich des Themas bewusst und kann loslassen. Oder es wird einem erst bewusst, um was es eigentlich geht, ein neues "Problem" zeigt sich, was vorher verborgen und unbewusst war.... und dann arbeitet man mit diesem weiter. So kann man eine Zeit an einem Gefühl beschäftigt sein und mehrere Schichten aufdecken, loslassen und ist zum Schluss befreit und auch glücklich. Darum kann ich das Buch weiterempfehlen.3 von 3 Kunden fanden die folgende Rezension hilfreich. Ruhe... und locker seinVon S. EckDa ich mich schon am Meditieren gebe habe um ein bisschen Ruhe und Entspannung in Bezug auf meine Gedanken zu bekommen, dies aber nicht geholfen hat, habe ich mir "Sedona Method" geholt.Natürlich ist das Buch nicht vollkommen perfekt. Teilweise wiederholt sich einiges, aber das könnte natürlich auch so gewollt sein. Das Tolle an dem Buch ist, dass es wirklich viele Übungen gibt die man durcharbeiten kann und daher ist es kein Buch, das man nur liest, sondern ein Buch mit dem man wirklich arbeitet und sich aktiv beschäftigt.Mir persönlich hat es ein Gefühl der Gelassenheit und Ruhe gebracht. Ich gehe generell mit einem luftigeren Blick durchs Leben seit dem ich mit dem Buch angefangen habe (denn das "Letting Go" hilft mit dem Lesen ja nicht auf).Ich würde die "Sedona Method" jedem weiterempfehlen, der angespannt ist oder der sein Zufriedenheitspegel ein bisschen erhöhen möchte (also jedem).Letting Go.9 von 9 Kunden fanden die folgende Rezension hilfreich. Attitude adjustmentVon BernieI tend to shun away from self-help books and all that positive thinking material. They always want to tell you how the world works and how you should work. "The Sedona Method" however is refreshing in the sense that it just asks you to try it and decide for yourself.Reading the book and occasionally stopping to try the suggestions I found it to be a mixture of what I see as Buddhist philosophy with a little Celestine tossed in. However it is meant to be much more and actually has practical exercises.Like other methods the book assumes that you have issues or just want to improve the quality of life. Unlike others there is something for everyone even if you do not have specific issues. You can even combine this method with other similar courses.I am not going to go into detail as the book does it so much better. I will say I am a tough cookie to crack when it comes to letting go books. This one is however is "Your key to Lasting Happiness, success, Peace and Emotional Well-being."

KurzbeschreibungThe fastest, easiest, and most powerful self-improvement technique available. The Sedona Method can allow you to effortlessly release limiting thoughts and feelings that have plagued you for years.Due to the level of detail, the charts are best viewed on a tablet.After over 25 years of helping tens of thousands of people worldwide, this ebook offers the revolutionary Sedona technique in an easy-to-learn format, teaching you to reach your goals by letting go.The Sedona Method offers a simple yet highly effective way to eliminate the painful emotions and limiting thoughts that sabotage your success, happiness and well-being. Master the releasing process and learn how to achieve your goals, improve your relationships and experience the life you've always wanted.Modern personal development techniques, such as affirmations, positive thinking and NLP have focused on changing our thinking and reprogramming the mind. With such practical techniques and enlightening true stories, this book shows you how to manifest what you want, while being at ease with what you already have.With the Sedona Method you can:
Experience dramatic shifts in self-esteem and self-confidence that will improve your career, ignite passionate romances, create wealth, launch businesses and much more Enjoy deep feelings of inner peace that bring more joy and happiness to everyday life Discover boundless energy, radiant health and sound sleep Experience freedom from long-standing emotional challenges such as fear and anxiety, anger issues, stress, depression and emotional traumas Put an end, once and for all, to the struggle of quitting smoking, drinking, overeating and other impulsive, addictive, self-defeating behaviourPressestimmenFROM THE FOREWORD:'I urge you to pay close attention to this book. If you do, it will change your life.' Jack Canfield, co-creator of Chicken Soup for the Soul'A practical, wise and proven formula for emotional and mental freedom to experience the joy and pleasure of simply being alive.' John Gray, author of Men Are From Mars, Women Are From Venus`The Sedona Method is an effective tool for getting rid of the `victim' mentality. Instead of giving away our power to others, Hale Dwoskin encourages us to look inside and take control of our own experiences of life. That's powerful!'Susan Jeffers, Ph.D., author of Feel the Fear and Do It Anyway and Embracing Uncertainty`The Sedona Method is an extremely powerful tool for emotional freedom and wellness. I highly recommend it!' Mark Victor Hansen, co-creator of the #1 New York Times best-selling series Chicken Soup for the Soul and co-author of The One-Minute MillionaireKurzbeschreibungThe fastest, easiest, and most powerful self-improvement technique available. The Sedona Method can allow you to effortlessly release limiting thoughts and feelings that have plagued you for years.Due to the level of detail, the charts are best viewed on a tablet.After over 25

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