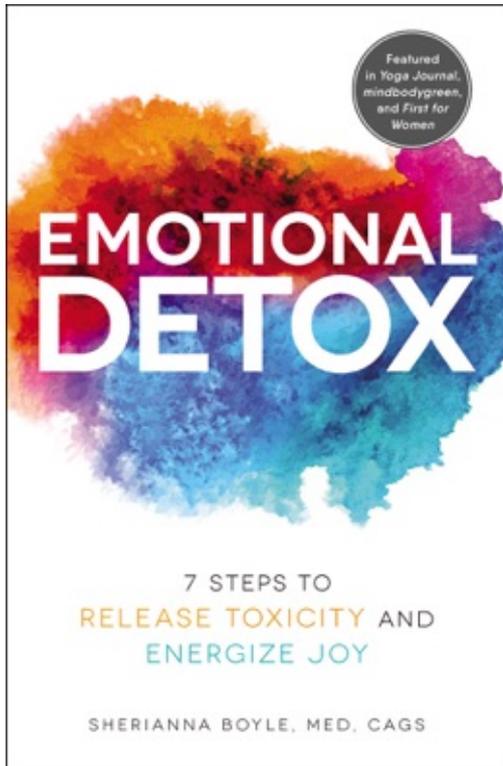


# Download Emotional Detox free Sherianna Boyle (PDF, ePub, Mobi)



**Flush out negativity and clear a path for new positive habits, behaviors, and emotions with certified energy healer, yoga instructor, and psychology professor Sherianna Boyle's emotional detox program, C.L.E.A.N.S.E—as featured on YogaJournal.com.**

When we think of a detox, we usually think of a physical experience. But it's not just our physical bodies that need to be cleansed of the impurities we encounter and absorb in our daily lives—it's our minds too. When we find ourselves unable to process our negative emotions and feel them becoming toxic to ourselves and those around us, it's time for an *Emotional Detox*, a mindful and systematic guide to freedom from these troublesome feelings.

Wellness expert Sherianna Boyle has created the revolutionary the 7-step C.L.E.A.N.S.E. method to help you rid yourself of negativity, fear, worry, anger, and doubt, and guide you back toward a natural, energized state of pure joy and acceptance. Learn how to **C**lear your pathways, **L**ook

inward, **E**mit positivity, **A**ctivate, **N**ourish, **S**urrender, and **E**ase your way into your best self and a happier and healthier life. *Emotional Detox* "will wake you up, turn your views upside down, while providing you with life changing tools and insight" (Elizabeth Hamilton-Guarino, CEO of Best Ever You Network and author of *Percolate*).

<b>título</b>	:	Emotional Detox
<b>Autor</b>	:	Sherianna Boyle
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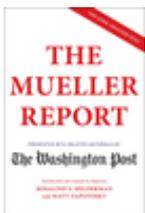


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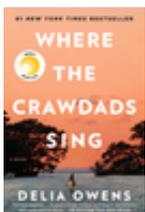


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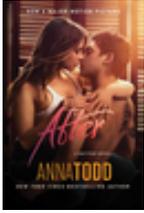


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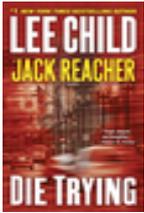


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