



Emotional Healing: Complementary Solutions for a Stress-Free Life

Jan de Vries

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Emotional Healing: Complementary Solutions for a Stress-Free Life Jan de Vries

In *Emotional Healing*, world-renowned alternative-health expert Jan de Vries turns his attention to the myriad of mental and emotional conditions that he has seen increase amongst his patients in recent years.

This important new addition to the *Jan de Vries Healthcare* series offers practical advice on how to cope with the emotional effects of unhappy relationships and broken marriages, suggests ways of eradicating depression and suicidal thoughts, reveals how to combat feelings of resentment and jealousy, and advises on how to avoid the health pitfalls linked to modern working life, such as stress and anxiety.

The book pinpoints effective ways in which to overcome feelings of guilt and trauma that arise from unfortunate situations such as road accidents. It also explores the wealth of complex emotions related to degenerative diseases, such as cancer, multiple sclerosis and muscular dystrophy, and offers helpful tips on how to cope at such times.

Emotional Healing is an essential handbook for those of us who are emotionally and mentally affected by the many pressures of life in the twenty-first century. It will lift spirits and bring some positivity back into the lives of those who may have started to give up hope.

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