



The Emotional Yoga Experience: Use Your Body to Heal Your Mind

Daralyse Lyons

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Have you been feeling stuck? Do you find yourself trapped in negative patterns of thinking and behavior? Have you tried conventional methods to break free of your self-destructive cycles with no success? The Emotional Yoga Experience technique is different than anything else you've tried and has the power to radically and permanently help you. Whatever your complaint, The Emotional Yoga Experience will provide you with a step-by-step approach that can help you become free of your self-limiting problems once and for all. Instead of spending more hours on a therapist's couch trying to rewire your brain, this book will show you that, when your mind can not help you get unstuck, your body can. Your body stores negative emotions and, because these feelings are retained in your body, trying to think away your negative thoughts will not work. So many times "talking cures" are ineffective because they rely on the mind to diagnose issues that exist beyond the scope of its understanding. The mind lies. The body doesn't. We too often trust our minds to heal us, when our bodies hold the keys to emotional freedom. So what does that mean? It means that, armed with The Emotional Yoga Experience (EYE) techniques, you can use yoga to connect with your body and find stored negative emotions, then use the Emotional Freedom Technique (EFT) to release them and take your first steps to leading a more joyful, balanced life.

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