



## Healing Emotional Trauma: Practical Pathways to Decrease Anxiety, Anger Lower Blood Pressure (Hardback)

By Jayan Marie Landry Phd

Balboa Press, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The human spirit is simultaneously fragile and resilient, and with Healing Emotional Trauma, Dr. Landry explores that delicate balance in great detail. The ability to rise above challenge is one that everyone needs to master, and this book offers compassionate, accessible, and approachable advice to inspire readers to do just that. -Helen F. Williams, APRN, ANP-BC, COHN-S, FAAOHN, Nurse Practitioner Manager- Boston University Occupational Health The author's professional background serves her well in the writing and presentation of this material. She clearly knows of what she speaks, and she has a confident and caring style that talks to readers without talking down to them. That's a very good thing in a self-help book such as this. -Dr. Thomas Page, Professor of Psychology Capella University Improve your health and well-being with the Landry Method(c). This easy to learn groundbreaking sound therapy technique will help decrease anxiety, anger and lower your blood pressure.



[READ ONLINE](#)  
[ 6.94 MB ]

### Reviews

*A must buy book if you need to adding benefit. Of course, it is actually perform, still an interesting and amazing literature. I am delighted to explain how this is basically the best book i actually have read through during my individual life and may be he best book for at any time.*

-- Jarod Bartoletti

*It is an remarkable pdf that I actually have actually read. It really is packed with knowledge and wisdom I am very happy to tell you that this is the finest ebook i actually have go through during my very own life and may be he very best book for actually.*

-- Hailey Jast Jr.