



Emotional Clearing: An East / West Guide to Releasing Negative Feelings and Awakening Unconditional Happiness

John Ruskan

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In this ground-breaking work, John Ruskan focuses on the vital but often misunderstood issue of emotional healing and growth on the path to higher consciousness. He presents a revolutionary synthesis of Eastern and Western psychological principles that will empower the reader to release negative suppressed feelings and end the havoc they can cause, transforming all levels of their being.

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