



There is an Answer

By D. G. Brownhill

Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, There is an Answer, D. G. Brownhill, It is a fact that emotional turmoil will disrupt the lives of almost all human beings at some stage of life's journey. Some of the more powerful negative emotions such as persistent depression, anxiety and panic attacks, can be highly debilitating, sometimes for many years. The sufferer will often have no clue as to the source of their particular symptoms, which can be accompanied by an overwhelming feeling of helplessness and hopelessness. There really is no need to live life in this way for. THERE IS AN ANSWER. Most modern therapies will be focused upon helping the client to feel better. This will rarely result in a permanent resolution. It is much better to ask the question "what is causing this depression", what is really at the root of it? Because all symptoms have a cause, it is logical that this must be emanating from inside the sufferer. We are not born with emotional issues, therefore whatever we react to must be gathered through our life experiences and the emotions that are stored inside all of us as a result of past traumas. This book explains...



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