

A PRESCRIPTION FOR HEALING
BODY, SOUL, AND SPIRIT



FOREWORD BY DR. NEIL T. ANDERSON
GRANT MULLEN M.D.

Emotionally Free

Yves Yongoueth



Emotionally Free:

Emotionally Free Grant Mullen, Grant Mullen M D, 2013-07 Are you struggling to control your thoughts moods and emotions Are you tired of always living with a sense of spiritual defeat God wants us to be more than saved He wants us to be transformed by the renewing of our mind Emotionally Free will show you how you can be transformed in body soul and spirit You will discover a freedom you never knew was possible and reach a better understanding of how to resolve depression anxiety and mood swings As a Christian mental health physician Dr Grant Mullen has observed the constant struggle that so many Christians live with every day Many churches rarely acknowledge this struggle Through patient interviews and his own journey Dr Mullen found three links in the chain of emotional bondage that keep Christians bound spiritually mentally and emotionally Emotionally Free describes those three links and how with God s help we can be set free to live a transformed and victorious life Learn how to assess your thoughts personality and spirit Emotionally Free puts an end to the unnecessary competition that has existed among psychiatry counselors and deliverance ministers These are important complimentary ministries that we all need This book explains the role of each and how to know when you need them You will also learn how depression anxiety and mood swings affect Christians in a unique way and you will be able to assess your own moods and determine if you need medical treatment Reach a greater understanding of where your spiritual authority comes from and how to use it to set yourself and others free No matter how suffocating your bondage is now God is waiting and willing to set you free Dr Mullen clearly outlines steps to invite the Holy Spirit into the problem to heal and restore you Discover a new freedom in your mind attitudes reactions and relationships as you become Emotionally Free **You Can Be Emotionally Free** Rita Bennett, 1998-02 It s a beautiful book and I hope it reaches a million hearts Rev John Powell S J Author of Unconditional Love Emotionally Free is a life changing book It has helped change my own life and the life of my parish God wants His Church healed Rev Sharon L Lewis Church of the Holy Spirit Osprey FL This book is written so sensibly with such a balanced approach that it is surely among the best on the subject of inner healing Charisma magazine How To Stay Emotionally Free When You Start Dating - For Women Francisco Bujan, 2012-03-15 Why do we say things like Having a crush or Falling in love Because they can be quite painful The reason you might get hurt with dating and love life is because you fall for someone who doesn t love you back to the same extent Observe your past relationships or dating experiences What are the situations that sent you off track They were the moments when you gave more than what you received You loved a guy who did not return your love to the same extent He might have expressed that by not returning calls staying in touch with an ex or cheating on you The goal of this book is to tackle this exact challenge I give you strategies to protect yourself when you engage in your dating life I show you exactly how to stay emotionally independent especially in the early stages of dating I answer questions like When to have sex What to do when you have a crush How to stay emotionally free and much more This material is the result of 10 years of professional coaching experience helping women like you deal with one of the

toughest life challenges you can face I dedicate this book to your love life and know it will help you find your way into long lasting romantic happiness *The Freedom of No: Breaking Free from Emotional Manipulation* Ava Arin, Holly Arin, Tired of feeling pressured and manipulated The Freedom of No empowers you to set boundaries recognize manipulative tactics and reclaim your autonomy Learn how to say no build self confidence and foster healthier relationships This book has completely changed my life I finally feel empowered to stand up for myself Sarah reader With practical exercises and real life examples The Freedom of No will help you Identify manipulative behaviors Develop assertive communication skills Set healthy boundaries Build self esteem Heal from past emotional wounds Don t let manipulation control your life any longer Order your copy of The Freedom of No today Manipulation Emotional Abuse Gaslighting Toxic Relationships Self Help Personal Growth Mental Health Empowerment Resilience Boundaries Self Esteem Healing Communication Relationships Psychology Break Free From Manipulation Manipulative Relationships Empowerment Self Awareness critical thinking **Breaking Free**

from Emotional Turmoil: A Comprehensive Guide to Regaining Balance and Overcoming Depression , Are you ready to dive into a new area of knowledge or explore the world of Mental Health Whether you are seeking to expand your understanding of Depression or master a new skill this book is your ultimate guide Cultivating Inner Serenity Through Purposeful Daily Habits and Conscious Living Practices offers a comprehensive journey through themes like Emotional Turmoil Balance Overcoming Depression providing a clear roadmap to help you succeed Whether you are just starting out or looking to deepen your expertise this resource will equip you with essential tools for growth and success Breaking Free from Emotional Turmoil A Comprehensive Guide to Regaining Balance and Overcoming Depression is the ideal resource for anyone eager to enhance their understanding of Depression through the valuable insights provided by Emotional Turmoil Balance Overcoming Depression Whether your goal is to learn heal or grow the knowledge you gain through Depression will empower you on your journey Discover more about Breaking Free from Emotional Turmoil A Comprehensive Guide to Regaining Balance and Overcoming Depression delve into related topics such as Emotional Turmoil Balance Overcoming Depression and explore deeper themes within Mental Health breaking free from emotional turmoil a comprehensive guide to regaining balance and overcoming depression mental health depression emotional turmoil balance overcoming depression

How to Break Free from Emotional Eating: A Guide to Control and Balance Margaret Light, 2025-03-20 How to Break Free from Emotional Eating A Guide to Control and Balance is a transformative journey toward reclaiming control over your relationship with food This book explores the psychological triggers behind emotional eating helping you distinguish between emotional and physical hunger Through mindfulness nutrition exercise and emotional resilience you will learn practical strategies to manage stress build healthy coping mechanisms and create sustainable habits With expert guidance and actionable steps this guide empowers you to overcome food cravings navigate setbacks and embrace a balanced fulfilling life where food nourishes your body rather than serves as an emotional escape **Emotional Honesty & Self-Acceptance**

Ronald R. Brill, 2000-08-01 There is no excuse for not teaching preventive healthy coping strategies to prepare kids for their teenage years Ronald R Brill In his innovative book Emotional Honesty Self Acceptance Ronald Brill a former university professor and health educator argues that youth can learn how to self manage upsetting and stressful experiences This work explains the relationship between recognizing and dealing with emotional pain which is essential to avoid harmful behavior toward ones self and others Since the book was published in 2000 he continues to research and develop training programs for educators including advising schools and student services professionals so they can more effectively help students learn and practice brain based coping skills to reduce thigh risk emotional stress This book contains guiding principles used in classroom programs he introduced to over 700 4th to 6th grade elementary students from 2002 to 2008 His virtual classroom website www.copingskills4kids.net helps schools parents and counselors guide children in the use of healthy and safe coping skills The book and website are designed to enable recovery from everyday emotional pain caused by loss rejection betrayal and humiliation He refers to these as universal core Emotionally Wounding Experiences Like physical wounds emotional ones can also be infected if left unattended or ignored His classroom programs prove that by age of nine students can learn these lessons to begin preparing for the turbulent teenage years Violence prevention is an important benefit of developing emotional resilience and self acceptance The authors commitment to brain based coping skills learning is now shared by tens of thousands of individuals and institutions around the world seeking new ways to help youth avoid harming others for the emotionally wounds they may otherwise have not learned to heal The 300 page book uses analysis of school shooting incidents to advocate new strategies schools and parents can use to boost kids coping confidence needed to more easily get over inevitable emotionally painful and stressful experiences It is written for mature teenagers and adults This powerful tool provides evidence to those advocating coping skills education programs at home and school This approach with todays youth can make them more responsible and self accepting persons It also helps them develop new capabilities to deal with the emotional challenges and changes during adolescence Some Introductory Chapter Titles What We Dont Know About Hurt Feelings Can Kill Us Seven Important Qualities of Feelings The American Way of Denying Hurt Feelings Our Vulnerable Sense of Self The Danger of Hiding Hurt Feelings Four Core Emotionally Wounding Experiences Managing Psychological Factors in Information Systems Work Eugene Kaluzniacky, 2004-01-01 This book presents an initial framework for extending and humanizing the sphere of IT work Provided by publisher **Emotional Fitness** Shaun Zetlin, 2020-02-20 Empower yourself emotionally through exercise Emotional Fitness is an emotional and physical journey like no other A collection of bodyweight stabilization and strength exercises are carefully crafted in order of emotional and physical progression as you learn how to self soothe and become your best emotional and physical self Your new gym bag awaits filled with five Master Mantras and five Emotional Guidance Techniques the sages of your new journey As a means of coping with daily stresses fear anxiety depression or even trauma Emotional Fitness can benefit all of us Gain a deeper understanding of your why and

subconscious versus conscious behavior Recognize your wide range of emotions from anger to shame your emotional triggers and come to better understand your vulnerabilities Heal your heart soul and spirit while progressing your mind and body Emotional Fitness has helped Shaun Zetlin discover the best version of himself from within Now he hopes to continue to inspire others to find the same while influencing the world to embrace kindness and happiness **End Emotional Eating Forever: Rewire Your Brain, and Free From Binge-Eating and Comfort-Eating** Shu Chen Hou, Are you tired of feeling out of control around food Do you find yourself turning to food to cope with stress boredom or negative emotions If so you may be struggling with emotional overeating Emotional overeating is a common issue that affects many people It can lead to weight gain feelings of guilt and shame and a constant preoccupation with food But the good news is that you don't have to suffer in silence any longer Our comprehensive guide can help you identify the signs of emotional overeating and give you the tools you need to take back control of your eating habits Our guide covers a range of topics from mindless eating to secret eating and from food obsession to sudden urges We also explore the link between emotional overeating and depression stress and guilt With our practical tips and strategies you can rewire your brain and break free from the cycle of emotional overeating once and for all We understand that overcoming emotional overeating can be a challenging process That's why our guide offers a supportive and understanding approach that is tailored to your individual needs We'll guide you through every step of the process helping you to develop healthy habits and overcome the triggers that lead to emotional overeating Don't let emotional overeating hold you back any longer With our guide you can finally take charge of your eating habits and live the healthy happy life you deserve Order now and start your journey to a healthier relationship with food

Emotional Armoring Morton Herskowitz, 1997 *This Has to Stop! Break Free Today, Build Emotional Resilience, and Transform Your Life* Yves Yongoueth, 2025-01-23 *This Has to Stop Break Free Today Build Emotional Resilience and Transform Your Life* Are you overwhelmed by stress stuck in negative patterns or feeling like life is passing you by *This Has to Stop* is your call to action In this empowering guide you'll discover practical tools and strategies to break free from the mental and emotional barriers holding you back With each chapter you'll learn how to overcome stress reframe negative thoughts and build emotional resilience all while taking meaningful steps toward a life filled with purpose and joy This book is more than just advice it's a roadmap for transformation Drawing from real life stories proven techniques and the author's own struggles *This Has to Stop* provides you with the clarity and motivation you need to take action today not tomorrow Inside you'll uncover Techniques to identify and eliminate habits that no longer serve you Tools for managing stress and fostering emotional balance Ways to develop a growth mindset and embrace lifelong learning Strategies to set goals build healthy relationships and stay motivated You have the power to change your story *This Has to Stop* will show you how to reclaim your strength achieve clarity and design the life you deserve It's time to stop waiting Take the first step toward your transformation today **Emotional Freedom with No Fear, No Anger, and No Insecurity** Marvin Kistler, 2020-02-28

There is an ancient belief that he who rules the self is greater than he who has captured a city To rule the self you have to have no fear no anger and no insecurities In Emotional Freedom with No Fear No Anger and No Insecurity over three dozen behaviors tools and skills are provided to help you achieve command of the self You are not an emotionally free person until you have raised your level of consciousness to the extent that it allows you to control the thoughts that come into your mind We may be advanced technologically educationally and intellectually but we languish at a low dysfunctional level of social development The lack of acceptance we find in our social culture has impaired or damaged our self worth The opinions that we have of ourselves can have more of an impact on our lives emotionally physically mentally and psychologically than anything else A lack of understanding of our self has kept us in the dark about our real self Gaining knowledge and discovering how we function in our relationship with our self and with others will open up a whole new realm and reveal a wealth of information This enlightenment will allow you to take many different avenues and paths most suitable to you and reveal answers and solutions about how you should live your life so that you can be the leader of the self who is in charge of the self

Breaking Free from the Shackles of Depression: A Comprehensive Guide to Emotional Freedom and Balance , Are you ready to dive into a new area of knowledge or explore the world of Mental Health Whether you are seeking to expand your understanding of Depression or master a new skill this book is your ultimate guide Cultivating Unstoppable Success Transforming Your Mindset to Achieve Your Most Ambitious Goals Consistently offers a comprehensive journey through themes like Freedom Balance Overcoming Depression providing a clear roadmap to help you succeed Whether you are just starting out or looking to deepen your expertise this resource will equip you with essential tools for growth and success Breaking Free from the Shackles of Depression A Comprehensive Guide to Emotional Freedom and Balance is the ideal resource for anyone eager to enhance their understanding of Depression through the valuable insights provided by Freedom Balance Overcoming Depression Whether your goal is to learn heal or grow the knowledge you gain through Depression will empower you on your journey Discover more about Breaking Free from the Shackles of Depression A Comprehensive Guide to Emotional Freedom and Balance delve into related topics such as Freedom Balance Overcoming Depression and explore deeper themes within Mental Health breaking free from the shackles of depression a comprehensive guide to emotional freedom and balance mental health depression freedom balance overcoming depression

Probing the Mind to Free the Soul Stephen G. Fowler, 2017-05-25 Christian theology presents an overly simplistic portrayal of the mind and nature of man his needs his longings his beliefs and his aspirations for God A psychoanalytic protest theology aims at bringing psychoanalytic complexity regarding the mind to theology Organized Christianity has failed to account for how the unconscious influences interpretations of Scripture and also how application of Scripture to lived life can be damaging if complex unconscious factors are not considered in theology This book attempts to employ psychoanalytic insights in the exploration of critically important themes addressed by theology Among them morality and conscience autonomy and destiny

and relationship and sexuality including the sexuality of God suffering and law along with its correlation with death This is intended to serve an integrative constructive purpose Both classical psychoanalysis and Christian Scriptures conceptualize sexuality in its large sense as residing at the core of the mind of mankind Christianity has tended to cope with sexuality by adopting a notion of attainable sexual purity a myth that this work seeks to expose and dismantle with a view to enabling the church to more effectively and compassionately engage with real people whose sexuality is characteristically complicated and troublesome

Feed the Tiger, Free the Dragon Gillian Harper, 2022-09-20 Has your partner become your everything That s probably not a good thing In many modern relationships our partners have become our everything best friend lover career mentor co parent gym buddy fellow food critic and TV binge watching partner And if you were in a relationship during the pandemic you did literally everything together All Day Long The further we go down this road the more our relationships start to feel and taste like a lukewarm bowl of porridge No salt No sugar No delicious apple berry granola crumble Just a plain old bowl of oats served up three times a day And sure oats are reasonably nutritious but they are also really boring After spending so much time together we have like magnets rubbed up against each other for so long that we have completely lost the powerful energy and sexual attraction we once had But you don t need to settle for a life devoid of desire and passion It s time to stop settling So put down that sad little spoon and stop eating that gruel It s time to feel your sharp teeth your claws and the fire in your chest In *Feed the Tiger Free the Dragon* you will learn to create more excitement and sexual tension in your relationship through the practice of polarity The natural law of polarity states that people with opposite sexual energy produce an attractive force between them while people with the same energy produce a neutral or repulsive force In other words opposites attract And the larger the energy distance between two people the greater the attraction Using the narrative of her broken marriage as a guide Harper teaches us how to master the principles of polarity and how to embrace our inner Tiger or inner Dragon By understanding and embracing your authentic uniqueness and learning to counterintuitively push away from your partner you will find more love lust pleasure freedom and respect Yes that s a lot But isn t it time to start living the most fulfilled version of our lives It s time to find our happiness

Emotional Mastery Prince Penman, Unlock the transformative power within you and create the life of balance and fulfillment you ve always desired In *Emotional Mastery* renowned personal development expert Prince Penman takes you on a life changing journey to understand and harness the immense power of your emotions Do you feel overwhelmed by your emotions Struggling to find peace in the chaos of everyday life You re not alone Many of us face the challenge of managing our emotions but few realize that our emotional energy is the key to unlocking personal success deep relationships and true happiness In this book you will learn how to master your emotional energy and turn it into a source of strength resilience and inner power Inside *Emotional Mastery* you ll discover Practical techniques to release negative emotions like anger fear and anxiety The science of emotional intelligence and how it shapes your personal growth and success Powerful mindfulness

practices to cultivate emotional awareness and clarity How to align your emotions with your goals for a life of purpose and fulfillment Strategies for healing emotional wounds and creating lasting emotional freedom Whether you re looking to improve your relationships elevate your career or simply find inner peace Emotional Mastery provides you with the tools and knowledge to take charge of your emotional energy and transform your life This book is perfect for anyone who wants to Build emotional resilience and navigate challenges with grace Achieve lasting personal growth and self mastery Learn how to live with intention purpose and balance Create positive lasting changes in your mental health and emotional well being Are you ready to take control of your emotions and unlock the power within Dive into this transformational guide and start living the harmonious life you deserve Buy now to begin your journey towards emotional freedom and personal mastery today

Thought Access Idil Ahmed,2024-02-18 Thought Access is your entry to more This access will grant you thought forms that assist you on your Earth adventure and guide you to experience all that you have been and will be This book is a direct link to the most powerful thoughts in the mental world where all change begins Thought Access connects you to the highest version of yourself which already exists within your own mind and gives you the energy to bring that state to life in the physical world Just as you will gain many supernatural powers from this book you will also release yourself from anything that has blocked your inner vision to see the path that was always meant for you There are many codes hidden within this book that will trigger spiritual activation and cause profound life changing shifts that assist you in remembering yourself The most powerful access you can have is higher thought which allows you to maneuver any situation overcome any experience and create what you want without hesitation This is the blueprint for bringing to life the dormant primordial energy within you This energy will free your life force and help you consistently reach greater heights in your experience expression and exploration ahead Thought Access is an energy state an outlook and a mindset and it is here to empower you like never before You ll go deeper in your self belief exude the radiance of self love trust intuitively operate supernaturally and live boldly and confidently in all ways Thought Access will guide you through life as a trusted source for charting the unknown territories within yourself What is inside Treasure of Realizations You ll be taught how to reign in the mental world and discover how to produce more energy within yourself that is unlimited yet still untapped Thought Access Techniques Advanced techniques that take your consciousness into any state you desire giving you access to utilize your own imagination and receive practical results 15 Daily Thought Upgrades These 15 thoughts will guide you through a process of insight that reveals to you your potential your inner power and your ability to create the reality you want 100 Thought Access Affirmations These 100 affirmations will play a crucial role in your life as they pour real power and energy into you Every word is written intentionally to help you feel actual energetic increase in your mind body and soul Your Access Is Granted

The Emotional Catering Service Sandra Michaelson,1993 **Enjoy Emotional Freedom** Steve Wells,Steve Wells M. Psych,2010-07 Emotional Freedom Therapy or EFT is a remarkable technique that alleviates emotional distress using simple

yet elegant techniques based on the body's energy meridians. By teaching an easily adopted system of tapping on the body's meridian points, this book enables you to tune and tone your body's energy system for immediate relaxation and relief.

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