



Healing the Addicted Heart: 5 Stages of Transformation with EFT and Integrated Energy Techniques

Sue Beer

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Addictions are the 21st century epidemic. Addictions are everywhere in many guises - from alcohol, drugs and food; to blame, shame and guilt; to the internet and celebrity obsessions. Healing the Addicted Heart teaches that they might also be our greatest opportunity for healing ourselves and our world.

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