



Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide

Holly A. Hunt Ph.D.

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Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide offers a powerful, research-grounded model and tools to help us overcome our problems without beating up on ourselves for backsliding to negative habits.

- The demon model and accompanying tools are original concepts created and presented by the author
- An extensive bibliography of 130 references includes relevant research studies, books, and reference texts for further information
- A comprehensive index points readers to important topics within the text and the end-of-chapter notes
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