

Emotionally Free : Letting Go of the Past to Live in the Moment

By David Viscott

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A remarkable program for shedding emotional baggage and embracing the present, from the host of the popular radio program "The David Viscott Show."

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Editorial Review

From Publishers Weekly
Encouraging emotional expressiveness as an antidote to all manner of psychological problems, Viscott offers sympathetic and straightforward advice.
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About the Author

David Viscott was an internationally known psychiatrist and the author of The Language of Feelings and Emotionally Free. He was also an Emmy-Award-winning talk show host.

Users Review

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