



# **The Emotional Freedom Workbook: Take Control of Your Life And Experience Emotional Strength**

*Stephen Arterburn*

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When your dreams get derailed, the culprit can usually be found hiding in your emotional life. It is a pattern of attitudes, habits, or relationships that won't allow you to move forward, no matter how much you tell yourself you want to.

Negative feelings and unhealthy beliefs may have slowed you down and locked you up for years, getting in the way of your best intentions. You may need help breaking free from:

- **Shame**-because it locks you into your past
- **Procrastination**-because you are afraid to try
- **Depression**-because you have not grieved your sorrows
- **Unhealthy Relationships**-because they distract you from your unique purpose in life

These restrictive emotional traps needlessly deprive you of intimacy, trust, friendships, good feelings, rest, and peace of mind. By challenging them, and the self-destructive behaviors that may accompany them, you can learn to live life in a totally new way.

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