



Self-EMDR: The Complete Therapeutic Approach

- At Last. Eliminate Painful Emotions For A Lifetime. Simple. Easy. Effective.

Desmond Long MA

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Self-EMDR is an incredibly effective way to remove emotional distress that from time to time damages us all.

Using a new approach to the world famous technique called “Eye Movement Desensitization and Reprocessing” (EMDR), self-EMDR is a simple and completely safe way in which any person is able to cast off their own traumas, stress, phobias, conflict, anxiety, addictions, sexual problems, guilt – even some physical symptoms with an emotional cause.

In fact any unwanted feelings can be eliminated. For the rest of one’s life. Without the benefit of any experience or professional training. In as little as two or three hours.

Desmond Long guides the reader through a series of easy-to-follow steps, leading to peace and comfort and a new sense of control.

The original EMDR used by clinical psychologists in over 100 countries, is now available as an exciting self-help technique.

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