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Emotional Freedom is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better. As Dr. Orloff shows, each day presents opportunities for us to be heroes in our own lives: to turn away from negativity, react constructively, and seize command of any situation.

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Emotional Freedom offers keys to freedom from fear, anxiety, energy drains, and the "quiet desperation" that undermines our joy and vitality. Combining practical advice, inspiration, and heartening companionship, Dr. Orloff helps us understand ourselves on a deeper level, deal effectively with "emotional vampires" who drain our energy,

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