



Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life

By Judith Orloff

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Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life By Judith Orloff

Picture yourself trapped in a traffic jam feeling utterly calm. Imagine being unflappable and relaxed when your supervisor loses her temper. What if you were peaceful instead of anxious? What if your life were filled with nurturing relationships and a warm sense of belonging? This is what it feels like when you've achieved emotional freedom.

National bestselling author Dr. Judith Orloff invites you to take a remarkable journey, one that leads to happiness and serenity, and a place where you can gain mastery over the negativity that pervades daily life. No matter how stressed you currently feel, the time for positive change is now. You possess the ability to liberate yourself from depression, anger, and fear.

Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr. Orloff maps the elegant relationships between our minds, bodies, spirits, and environments. With humor and compassion, she shows you how to identify the most powerful negative emotions and how to transform them into hope, kindness, and courage. Compelling patient case studies and stories from her online community, her workshop participants, and her own private life illustrate the simple, easy-to-follow action steps that you can take to cope with emotional vampires, disappointments, and rejection.

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. Complete emotional freedom is within your grasp.

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Editorial Review

From Publishers Weekly

Starred Review. Orloff (*Second Sight*) offers a superbly written series of psychological strategies for maximizing positive emotions and minimizing toxic ones. A practicing psychiatrist, the author straddles the worlds of mainstream medicine and alternative healing; she regards emotions as a training ground for the soul, and views every victory over fear, anxiety, and resentment as a way to develop your spiritual muscles. As the self is the foundation for emotional freedom, the author discusses how readers can find their emotional type—intellectual, empathic, rock or gusher—and suggests how to find balance. Her tips include avoiding emotional vampires or consulting dreams, which she divides into three types: psychological (where fears and neuroses express themselves), predictive and guidance. The second half of the book tackles the most difficult life challenges: depression, loneliness, anxiety, frustration, rejection, grief, envy and bitterness. Orloff addresses each fully and frankly, using anecdotes from her own life and practice—the death of her mother, her own crippling envy. This insightful and positive book will assist anyone who is suffering in mapping a path out of pain. (Mar.)

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Review

“Our faltering economy has cost many people more than their money: They've lost their peace of mind. Peppered with practical action steps to build healthy emotional habits this book tells how to manage difficult emotions and restore inner calm.”

—*USA Today*

"A road map for people who are stressed out, discouraged or overwhelmed, or for those who simply want to get to a better place. Orloff, a psychiatrist, offers a step-by-step way to change outlooks, alter behavior and cope with life's challenges."

—*Chicago Sun-Times*

“Dr. Orloff has a gift for making psychology lively, relevant, and useful to laypeople, and EMOTIONAL FREEDOM provides an ample menu of highly original action steps to help you work through each emotional state to achieve well-being.”

—*Sacramento Bee*

“[A]superbly written series of psychological strategies for maximizing positive emotions and minimizing toxic ones....This insightful and positive book will assist anyone who is suffering in mapping a path out of pain.”

—**Publishers Weekly (starred review)**

"This well-written book is full of good advice for anyone who wants to take more control of his or her emotional life."

—**Library Journal**

“A must-read for anyone who’s tired of feeling frustrated, lonely, jealous, or emotionally tense. Dr. Orloff shows you how to achieve a lightness of being and feel more positive and peaceful. Highly recommended.”

—Deepak Chopra, M.D., author of *Reinventing the Body, Resurrecting the Soul*

“Spectacular! I endorse this book so heartily because it gives a unique blend of the author’s personal and professional experience to enlighten us, and it’s a totally fascinating read. I recommend it to everyone who wants to overcome sabotaging emotional patterns to achieve self-mastery.”

–Candace Pert, Ph.D., author of *Molecules of Emotion*

“A heartfelt, accessible guide to the graceland of peace and calm—regardless of our parents, our past, or our present. It’s loaded with nuggets of practical and profound healing wisdom.”

–Christiane Northrup, M.D., author of *Women’s Bodies, Women’s Wisdom*

“Absolutely brilliant. I couldn’t put this book down!”

–Caroline Myss, Ph.D., author of *Entering the Castle: An Inner Path to God and Your Soul*

“EMOTIONAL FREEDOM combines neuroscience, psychology, and spirituality to present a new approach for freeing yourself from negative emotions. This book offers you a path to greater health, intimacy, and compassion.”

–Dean Ornish, M.D., author of *The Spectrum* and *Dr. Dean Ornish’s Program for Reversing Heart Disease*

“This book empowers us in exciting and remarkable ways. Dr. Orloff’s wise insights about emotions serve us with wonderful clarity.”

–Neale Donald Walsch, author of *Conversations with God*

"An invaluable book written by one of the finest psychiatrists of our time."

–Joan Borysenko, Ph.D., author of *Minding the Body, Mending the Mind*

"This book is a lifesaver for people who are frustrated, stressed, and anxious. If you long for more joy, give yourself a gift and read this book!"

–Marci Shimoff, bestselling author of *Chicken Soup for the Woman's Soul* and *Happy for No Reason*

"A valuable guidebook for anyone who believes that greater possibilities await them, but has not yet realized them."

–Larry Dossey, M.D., author of *The Extraordinary Healing Power of Ordinary Things*

"EMOTIONAL FREEDOM is packed with that rarest of combinations; it is both intensely informed by the wealth of Dr. Judith Orloff's professional experience, and it is resolutely compassionate."

–Mary Oliver, Pulitzer Prize winning poet

From the Hardcover edition.

About the Author

JUDITH ORLOFF, M.D., assistant clinical professor of psychiatry at UCLA, has helped patients practice the art of surrender to achieve emotional freedom for more than two decades. She is the author of the *New York Times* bestseller *Emotional Freedom* and the bestsellers *Positive Energy*, *Judith Orloff's Guide to Intuitive Healing*, and *Second Sight*. She has appeared on *The Dr. Oz Show*, the *Today* show, PBS, CNN, and NPR. Her most recent book is *The Ecstasy of Surrender* and her TED talk debut of that book has over a half million views on YouTube. Find more information and inspiration at www.drjudithorloff.com.

Users Review

From reader reviews:

Kim Deyoung:

Now a day people that Living in the era where everything reachable by talk with the internet and the resources inside it can be true or not require people to be aware of each facts they get. How people have to be smart in acquiring any information nowadays? Of course the solution is reading a book. Studying a book can help people out of this uncertainty Information mainly this Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life book because this book offers you rich data and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it everbody knows.

Reva Morison:

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