

## **Emotional Freedom**

*Liberate yourself from negative emotions and transform your life*

### **Book Review by Caroline Myss, PhD**

Emotional Freedom by Dr. Judith Orloff is the perfect book to come along at the perfect time. I couldn't put it down!

We live in a tumultuous, fear-dominated period in history and must become masters at overcoming fear and other negative emotions so they don't sabotage our power. With skill and compassion, Dr. Orloff shows us how to become heroes in our own lives by transforming anger, loneliness, and envy and more rather than simply "reacting" when our buttons get pushed.

An Assistant Clinical Professor of Psychiatry at UCLA and intuition expert, Dr. Orloff shares her wealth of personal and professional knowledge to illuminate the field of emotions. She draws on wisdom from traditional medicine but goes light years beyond it by presenting emotions as a path to spiritual, energetic, and intuitive awakening. Why is this leap so important? The intellect has restricted vision about emotions, but bringing intuition into the feeling realm lets us go deeper within. Dr. Orloff asks us to see every success, every heartbreak, every loss, and every gain as vehicles for transformation. She teaches readers to view emotions in a non-ordinary way, rather than simply making you happy or miserable. Everyone will benefit from the insightful instructions that continually guide us and also from the author's intimate personal journey and well-earned life wisdom. Judith is the kind of doctor we wish we all had.

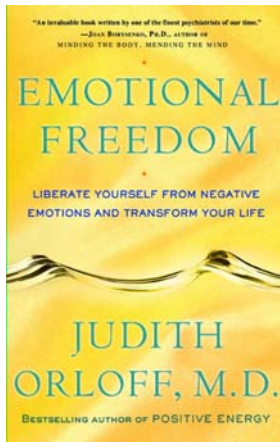
Part One of the book introduces you to the four components of emotions: their biology, spirituality, energetic power, and psychology. Understanding each component in yourself will lead to inner breakthroughs that aren't possible without seeing the whole picture. It offers a self-assessment test to evaluate your current level of emotional freedom so you can increase it practicing this book's principles. Dr. Orloff invites you into her romance with sleep and dreams as revolutionary states of consciousness. She also helps readers determine their "emotional type" including "the intellectual," and "the empath" so they can make the most of their own finest qualities. As an empath, Dr. Orloff knows the gigantic challenges of being an "emotional sponge" and teaches other empaths who've been labeled "overly sensitive" how to stay grounded in an often-overwhelming world.

You'll enjoy the "emotional vampire survival guide"--specific advice for dealing with emotional drainers. We've all met them. You're talking to someone, when suddenly you feel anxious, depressed, or tired. She describes the narcissist, the victim, the controller, and other types of vampires. Plus, there are quizzes to help you determine "Are you in a relationship with an emotional vampire?" or if you might be one yourself. Sometimes, we all have the capacity to be draining, but with mindful compassion we can catch ourselves early and make a shift.

Part Two of the book offers a hands-on approach for facing the most prevalent negative emotions and building positive ones. Each chapter is called a “transformation” in which you learn how to transform a negative emotion into its counterpoint. For instance, fear is transformed with courage, frustration with patience, and jealousy with self-esteem. You learn to do this in your life by taking a wealth of quizzes, from Dr. Orloff’s patient studies, and her own intimate journey with each emotion.

**Emotional Freedom** is the rare book that can open your mind and your heart to more empowerment. Give yourself a gift and read it.

**Caroline Myss, PhD** is a pioneer in the fields of intuition and mysticism and bestselling author of “Anatomy of the Spirit”, “Sacred Contracts” and many other self help books.



**Judith Orloff MD** is author of “Emotional Freedom”. Her other bestsellers include “Positive Energy”, “Guide to Intuitive Healing”, and “Second Sight”. Dr. Orloff synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy and spirituality. More information at [www.drjudithorloff.com](http://www.drjudithorloff.com)