



From Trauma to Inner Peace: The 7-Day Pursuit of Happiness Mission (Paperback)

By Rashel Keshmiri

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Simply by following Rashel s Seven Day Pursuit of Happiness Mission, you can begin to see your life and your emotions transform in a matter of weeks. Rashel Keshmiri s story begins in 19th-century Iran, and transports the reader through generations of transformation, arriving in modern-day Los Angeles with a new outlook on what it means to attain happiness and inner peace. Through her powerful story, and decades worth of stories of her psychotherapy clients, Rashel will show you how to apply proven therapeutic techniques, and her time-tested practices, to change not just your outlook on life, but even the patterns and habits of your own mind. The techniques in this book are designed to be followed at home or in therapy. This book will take you on a fascinating, gripping and richly rewarding journey behind the scenes of psychotherapy. It is a must-read for anyone who has doubt about seeing a therapist; through these stories, you will gain a new understanding of the transformative power of psychotherapeutic techniques. And in time, you will have your own story of transformation...



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Reviews

An exceptional book and also the font utilized was intriguing to read. This is for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

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This book is very gripping and fascinating. Yes, it is play, nonetheless an interesting and amazing literature. I found out this ebook from my dad and i recommended this pdf to discover.

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