This program is designed to help you cure your own pain. It explains how all physical pain is caused by the suppression of negative emotions within us. It outlines the ways in which we deny our negative emotions, and provides tools and exercises that can be used to help identify the denied negative emotions that create our physical pain. It describes how to go through the process of experiencing and releasing our negative emotions, thereby healing our physical pain without the need for medication.

For more information go to:
www.healyourownpain.com

Or contact:
HealYourOwnPain@gmail.com

HEAL YOUR OWN PAIN

Luli Faber Ph.D.

A free program that gives you a step by step guide to permanently curing your pain without the need for medication