

# Trust Your Intuition

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## Synopsis

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Are you struggling with anxiety or feeling depressed? Do you wish there was a better way to deal with your emotions than perhaps taking too many pills or remaining stuck in the past? What if there was a better way to deal with your negative emotions? There is--and *Trust your Intuition: 100 Ways to Transform Anxiety and Depression for Stronger Mental Health* will show you how. Written by licensed mental health counselor and wellness expert, Jill Sylvester, *Trust Your Intuition* provides 100 simple tips and techniques designed to teach you how to harness the power of your intuition, find the hidden meaning in your suffering, transform depressed feelings and emerge stronger and more powerful than ever.

Discover:

- Why your intuition can be your most powerful ally in overcoming depression.
- How to feel more energy - starting today!
- How to transform sadness and despair into positive feelings by understanding the true meaning of your depression or anxiety.
- The secrets for bringing more joy and happiness in your life.
- How to eliminate self-doubt and worry as you supercharge your self-confidence.
- A book packed with tools the author has successfully used personally for over thirty years and for over thirteen years in working with thousands of clients including adults, adolescents, and children, *Trust Your Intuition* will show you how to truly feel better by tapping into the wisdom that exists inside of you.

## Reader's comments

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