

2-Audio Set: Supercharge and Renew Mind, Body and

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Synopsis

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inLanguage	english

Curious about breathwork for healing? Tired of dealing with the same old painful emotions and feelings? Want to eliminate your triggers to anger or sadness? Learning the Vivation technique can make an enormous, lasting difference in the quality of your life. Vivation is an easy to learn way to harmonize your emotions to create happiness and peace of mind. You can resolve long-held negative feelings on your own with this wonderful and refreshing technique. Unlike anything you've ever tried, Vivation supercharges your life, giving you a tool that can be used anytime to feel better about yourself—optimistic, happy, and enthusiastic about life.

Easy and fun to do, Vivation is a set of emotional skills that will heal negativity from any area of your life, including relationships, money, health and emotions. It works well with any type of meditation or growth techniques you are already practicing, and does not require changing or adopting any religious beliefs. It has been used successfully to heal negative feelings associated with PTSD, sexual abuse, anger, and sadness from any area of life.

In this audiobook, you will learn the causes of emotional negativity, why getting rid of your emotions is not always the best strategy, and key lessons for increasing your happiness on a daily basis.

Vivation is the best gift you can give yourself for a happier life.

Reader's comments

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