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Emotional Medicine Rx: Cry When You're Sad, Stop When You're Done, Feel Good Fast

Penelope Young Andrade

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For over 30 years Penelope Andrade has taught others how to use the wisdom of their own feelings and body messages to enrich and deepen their emotional, intellectual, physical and spiritual well-being. Here, for the first time, she makes her unique and highly effective prescription available to readers. The author’s deep knowledge and compassion shines through on every page, sharing life lessons, offering transformational anecdotes, and describing in easy-to-understand terms the cutting edge scientific research that’s at the core of her amazing work. The author’s insights ring with truths that are confirmed by our own hearts. The book is as inspiring as it is informative. Includes guidelines for healing anxiety and depression without medication.

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