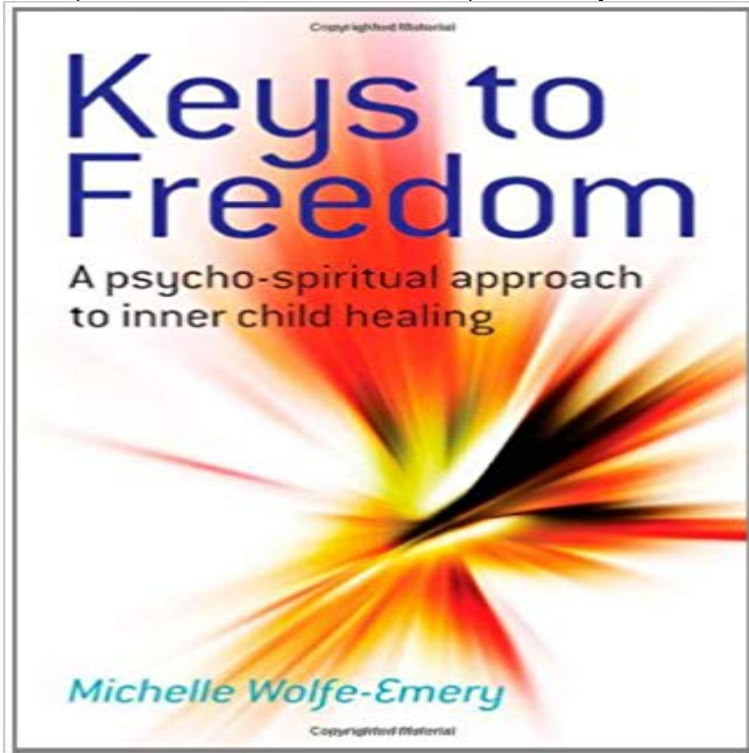


Keys to Freedom: A Psycho-Spiritual Approach to Inner Child Healing



Keys to Freedom is a lively and compassionate mix of spiritual practice and inner child healing. It brings together psychotherapy and spirituality to create inner and outer change. To heal ourselves we must first connect with and heal our inner child. We need to address the past, heal our pain and let go of limiting beliefs. We have not come here to suffer; we have come to let our light shine, and to reach our highest potential. This book is the first step. Michelle Wolfe-Emery is a Psychiatric Nurse, Hypnotherapist/Psychotherapist, Gold Counsellor, Stress Management Consultant and Parks Inner Child Therapist (child abuse counselling). She lives in Essex, England

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