



Finding Emotional Freedom: Access the Truth Your Brain Already Knows

Dave Jetson

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Emotional freedom is our birthright, but most of us don't know how to find it. This book provides a path. Finding Emotional Freedom can help you if—

- Your childhood was marked by abandonment, neglect, or abuse.
- You feel emotionally stuck or controlled by fear.
- You feel as if you're living a lie.
- Treatment programs, self-help books, or support groups haven't helped you create the life you want.
- You keep repeating negative, codependent patterns in your relationships and other areas of your life.
- You want to live a happy life, but you don't know how.

Our brains, trying to protect us from emotional pain, hide our true selves and wall us off from our authentic feelings. Deep therapy that accesses both the mind and the heart can help us recover from emotional trauma and create lasting change. Finding Emotional Freedom is not a self-help book, but a guidebook to the process and the possibilities. It tells you how and where to seek help to access the truth that will restore your emotional voice and set you free. Dave Jetson, MS, is trained in intuitive experiential therapy, which accesses both the conscious and unconscious parts of the brain. In this book, he combines current brain research with his years of experience to offer a compelling method of deep recovery and transformation. ". . . a common-sense proven approach to recreating and living the life you long for and deserve. Many self-help books come across my desk, but this one stood out. I would highly recommend it." Miles Adcox, CEO, Onsite Workshops "Dave Jetson is the real deal, one of those rare guides who has actually done and succeeded at what he teaches. If you want to transform your life and relationships, read this book." Rick Kahler, CFP®, Co-Author of Conscious Finance "Dave Jetson boldly and respectfully shines the light of truth into some of the darkest, often unexplored, cellars of our lives." James Gardiner, PhD, Clinical Psychologist

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