Heal Your Addictions

The Last Addiction Station – making talk therapy obsolete

All addictions are healed in the same way by healing emotional triggers regardless of what you are addicted to: alcohol, drugs, sugar, arguing, binge eating, cigarettes, exercise, food, sex, gambling, video games, masturbation, TV, work, plastic surgery, skin picking, road rage, gossiping, bad relationships, Internet addiction, etc.

By Ursha Sermek

Everything you have been taught about addictions up to this point has been misleading.

In this book you will learn:

Why you really use (or perform activities)

Why you haven’t been able to quit on your own

What is wrong with traditional techniques and modalities, and why their success rates are so low

How your addiction is based in emotion

How to reach your emotions in order to transform them

How to find and subdue your fears of quitting

How to gracefully heal your addictions

How to live addiction-free

Exercises: Do I have addictive personality?, positive feeling sensations, negative feeling sensations, where am I?

What you also get to read:

Three full, word-for-word Completion Process sessions: therapy on steroids, literally! These three completely different sessions with one of the top Completion Process practitioners in the world, Marcellus Davis, dig into Ursha’s current issues but naturally end up reaching back into her childhood. Marcellus gently and skillfully guides her through integrating her actual childhood trauma, transforming the emotions she exhibits today.