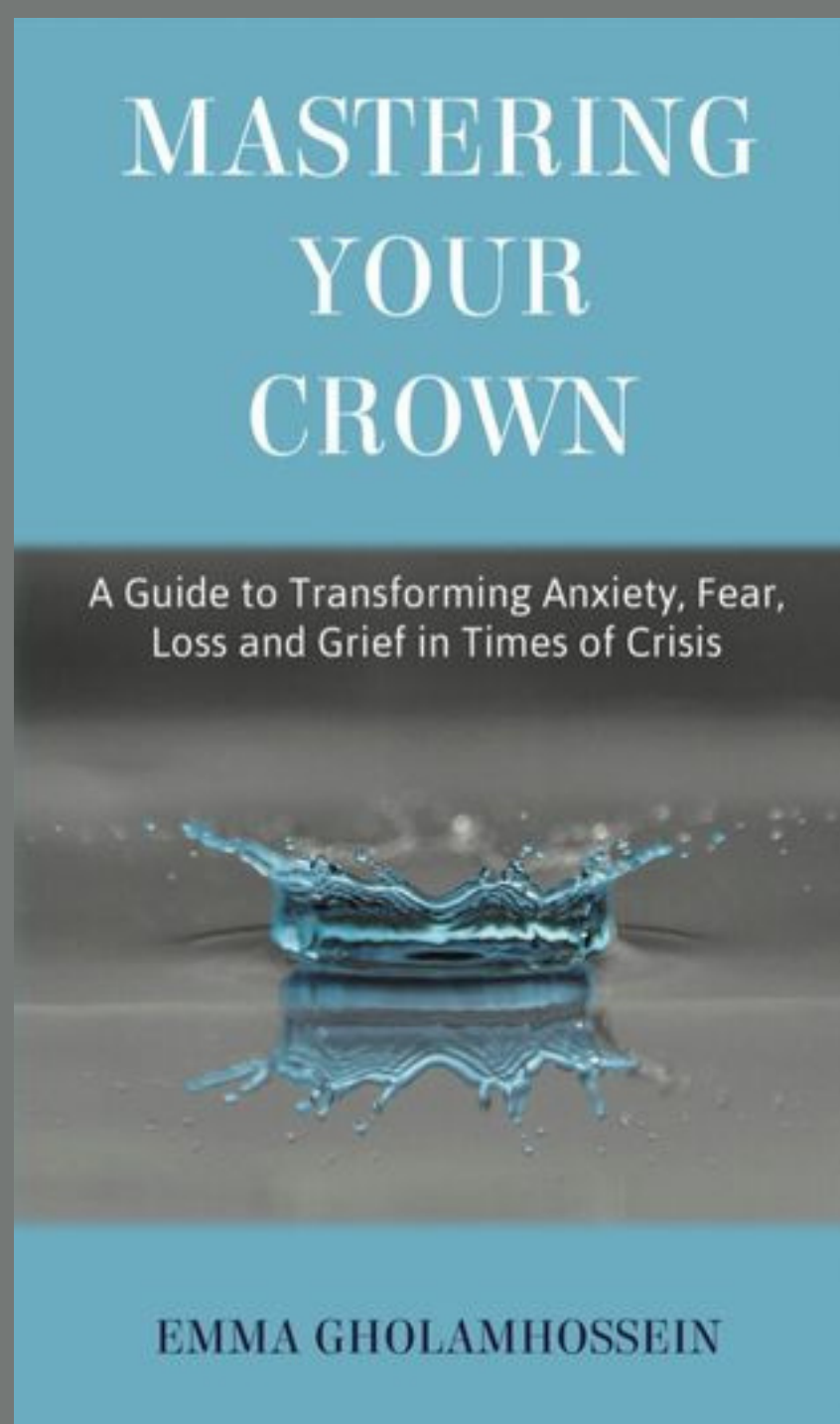


MASTERING YOUR CROWN

A Guide to Transforming Anxiety, Fear, Loss and Grief in Times of Crisis



ISBN: 978-1-8384161-0-2

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Author Name: Emma
Gholamhossein

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Author Bio

Emma is the founder of 'Mastering Me', holds an MSc in Physical Activity & Health and is a Health & Well-being Advisor, Exercise Specialist, Energy Therapist, Reiki Master Teacher, Psychic Healer, Angel Communicator and Cosmic Guide. In 2016 Emma experienced anxiety, panic attacks and PTSD caused by repressed grief and her growing psychic ability and now shares how she healed herself from her own personal crisis.

Synopsis

A practical yet revolutionary guide for navigating life's ups and downs. You will learn how to self-regulate using the '8 Step Sequence', a simple process which if followed relieves anxiety and fear. Then you will learn to transform your loss and grief regardless of cause through conducting a 'Life Review' and undergoing a process called 'Letting Go'.

Key Features

Pre-order on World Mental Health Day

Unlike any other traditional self-help book, *Mastering Your Crown* also shares the author's insights and cosmic understanding regarding 2020... the year the world paused. You will come to see the bigger picture of what is unfolding in the world today and why humanity is undergoing a great transformation. During these unprecedented times, regardless of what has caused your personal crisis, it's time to find stability from within by 'Mastering Your Crown'.

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Contact Details

Facebook: @egmasteringme

Instagram: egmasteringme

E-mail: info@emmagholamhossein.com

Website: www.emmagholamhossein.com