

## Shortcodes 2

Your 7 Words to a Happier You Jerry Giordano

Your 7 Words to a Happier You *Jerry Giordano*

finally a right brain approach to a right brained problem maybe you ve tried therapy seminars retreats or shelves of self help books to make you feel better yet nothing changed that s because those are left brain solutions but low self esteem feelings of not being enough or feeling underappreciated in your relationships are all emotional right brain issues which means we ve been attempting to solve right brain problems with left brain solutions contentment counselor jerry giordano has uncovered the right brain key to innovative lasting progress his 7 words method guides individuals past their unconscious emotional tendencies unlock your 7 words journey and change your life for the better your 7 words to a happier you shares the true events of how giordano s newfound mindfulness practice and enlightening meditations helped him discover that his easygoing people pleasing persona was fake incorporating insights from freud maya angelou buddha and others he connects the dots of his self sabotaging story that remained hidden for decades jerry has put his 7 words philosophy into practice by interviewing over 200 people from ages thirteen to ninety four through the process of discovering their 7 words they developed an in depth understanding of how their unconscious story had affected their lives filled with personal insights humor and step by step instructions giordano will guide you to the uncovering of your own sabotaging words so you can understand why you do what you do and choose the relationships you have so far your 7 words to a happier you will set you on a journey to unimaginable self worth peace and contentment

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