

Emotional Exorcism: Expelling The Four Psychological Demons That Make Us Backslide

In Praise of *Emotional Exorcism*

"Professionals and non-professionals alike will find Dr. Hunt's book enormously helpful in their work and in their lives. Dr. Hunt provides a template for identifying and expelling the negative internal forces and their idiosyncratic patterns that both sabotage and stall personal growth and fulfillment. This practical template for change comes with real-life examples and applicable strategies drawing on evidence-based theories that show the way to personal empowerment, to reclaim and live your true potential."

—**Concepcion Barrio, Ph.D.**, Associate Professor, University of Southern California School of Social Work

"Dr. Holly Hunt observes in her latest book *Emotional Exorcism* that most of the world's major religions have often viewed human emotional problems as caused by a person being possessed or controlled by demons or evil spirits. In turn, religions have developed a variety of methods to cast out or exorcise these demons and thus return people to a state of health or happiness. Dr. Hunt uses this process in a parallel manner to help her clients describe their self-defeating patterns of lapsing and relapsing behavior as 'demons.' This book is highly recommended for both beginning and seasoned therapists. It provides a novel renaming and rethinking of the frustrating process we encounter in our clients as they struggle to maintain the positive changes they have made in their counseling journey."

—**Douglas O. Brady, Ph.D.**, Licensed Psychologist in Oklahoma and Texas Fellow, American Psychological Association

"Dr. Holly Hunt, a respected psychologist, has used her clinical acumen and experience to construct a bold, new way to combat the negative thoughts and behavior that plague many. Her use of appealing metaphors such as 'master demons' and 'soldier demons' ... offers a fresh approach that may work well, especially with those who have tried and failed to stop their self-defeating behavior utilizing other methods."

—**Sandra L. Ceren, Ph.D.**, Clinical Psychologist, Del Mar, CA

"An intriguing approach to helping people once again enjoy fulfilling and productive lives. Engaging, stimulating, captivating—an insightful, hands-on approach, developed over years of clinical experience."

—**Pat DeLeon, Ph.D., M.P.H.**, Former President, American Psychological Association

"Dr. Holly Hunt's new book offers a powerful explanation as to why people don't measure up and companies under-perform. *Emotional Exorcism* is a must read for every human resource manager and senior leader who wants to understand how to help their employees overcome the demons in their lives and become top performers. In fact, I think reading *Emotional Exorcism* will save your business big bucks by reducing absenteeism, lowering employee turnover, and dealing with job-related stress. It's just that good!"

—**Thomas Hinton, President & CEO**, American Consumer Council



Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide offers a powerful, research-grounded model and tools to help us. Dr. Holly Hunt's groundbreaking work, *Emotional Exorcism*, offers all Expelling the Four Psychological Demons That Make Us Backslide. Get it Now [vermiculturemanual.com?book=\[Read\]](http://vermiculturemanual.com?book=[Read]) Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide Ebook Free. The Hardcover of the Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide by Holly A. Hunt at Barnes. Emotional exorcism: expelling the four psychological demons that make us backslide /? Holly A. Hunt. Author. Hunt, Holly A. Published. Santa Barbara, Calif. Expelling the Four Psychological Demons That Make Us Backslide Holly A. Hunt Designed to generate negative emotional energy in us that feeds them, and. vermiculturemanual.com: Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide () by Holly A Hunt and a great. vermiculturemanual.com: Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide. Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide (Holly A. Hunt) at vermiculturemanual.com Dr. Holly Hunt's groundbreaking . Press Kit Emotional Exorcism Press Release, click to download Print Ready Expelling the Four Psychological Demons That Make Us Backslide, new from. Dr. Holly Hunt's groundbreaking work, *Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide* (Praeger,), offers all those . Exorcism is the religious or spiritual practice of evicting demons or other spiritual entities from a Requested and performed exorcism began to decline in the United States by the 18th century and occurred rarely until the latter half .. Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide. Emotional Exorcism: Expelli Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide really liked it avg rating 1 rating. Presents on the topics in her latest book "Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide" (Praeger,), helping. Stephen Strakowski's *Bipolar Disorder* (Oxford American Psychiatry Expelling the Four Psychological Demons That Make Us Backslide. Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide: Expelling the Four Psychological Demons That Make Us Backslide. Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide. ABC-CLIO. p. 6. 1 2 "Some Asian Muslims Giving Up Western Meds for. Exorcism Exorcism is the practice of evicting demons or other spiritual entities from a person or an area they are believed to have possessed. Requested and performed exorcisms had begun to decline in the United States by the 18th century and .. Emotional Exorcism: Expelling the Four Psychological Demons. The need for psychologists and counsellors to understand deliverance beliefs is sufferer from demons and thus from mental illness, although individuals have differing Roman Catholic rituals for exorcism were formulated in the seventeenth . in the United States equivalent to one out of four people and the history of. As an adult I

have developed a love of the four seasons we experience in North. Dakota. For me personally .. Emotional Exorcism:
Expelling the Four. Psychological Demons That Make Us Backslide. By Holly A. Hunt, Ph.D.

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