

### **Emotionally Free : Letting Go of the Past to Live in the Moment**

By David Viscott



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A remarkable program for shedding emotional baggage and embracing the present, from the host of the popular radio program "The David Viscott Show."



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#### Emotionally Free: Letting Go of the Past to Live in the Moment By David Viscott Bibliography

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From Publishers Weekly

Encouraging emotional expressiveness as an antidote to all manner of psychological problems, Viscott offers sympathetic and straightforward advice.

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About the Author

David Viscott was an internationally known psychiatrist and the author of The Language of Feelings and Emotionally Free. He was also an Emmy-Award-winning talk show host.

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