

# [PDF] The Gift Of Betrayal: How To Heal Your Life When Your World Explodes

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**Books Details:**

Title: The Gift of Betrayal: How to  
Author: Eva A. Wood  
Released: 2012-12-28  
Language:  
Pages: 312  
ISBN: 1458739686  
ISBN13: 978-1458739681  
ASIN: 1458739686



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## **Description:**

**About the Author** Eve A. Wood, M.D., is Clinical Associate Professor of Medicine at the University of Arizona Program in Integrative Medicine and is the award-winning author of the books There's Always Help; There's Always Hope and 10 Steps to Take Charge of Your Emotional Life, as well as The Stop Anxiety Now Kit and the What Am I Feeling, and What Does It Mean? kit. Dr. Wood writes a column for Massage Therapy Journal, hosts a radio show on HayHouseRadio.com<sup>^</sup>, and teaches at workshops nationwide. Uniting body, mind, and spirit with a series of In One<sup>^</sup> tools, she helps individuals take charge of their emotional lives.

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