



SO THIS IS WHO I AM: BREAK DOWN THE EMOTIONAL WALL TO DISCOVER YOUR AUTHENTIC SELF

Evelyn Melgey

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Basically, we're all very sensitive people. When we get hurt, we want to protect ourselves and insulate our feelings. As we grow up, we start to build up layers of emotional armor to shield us from getting hurt by others. But there's a problem with that. This armor is built of what Evelyn Melgey calls "disconnections," which keep you from being the trusting, open and self-realized person you were as a child. Melgey has discovered tools to heal your disconnections permanently and process new ones. These include tools to:

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