

Emotional CPR

Breathing Life Back Into Your Spirit

A woman with long, wavy blonde hair is shown in profile, facing left. Her right arm is raised high towards the top right corner of the frame. She is wearing a white, sleeveless top. The background is a bright, golden sunset over a body of water, with the sun low on the horizon. A large, semi-transparent yellow 'V' shape is overlaid on the image, centered on the woman's torso and extending upwards towards her raised arm.

Dot Campbell

Emotional CPR

*A Small Book for **BIG** Change*

by

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M.Ed.

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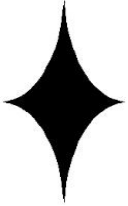
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INTRODUCTION

CPR (cardiopulmonary resuscitation) is used to breathe life back into your Body.

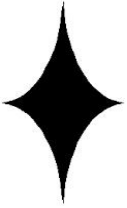
Emotional CPR is used to breathe life back into your

SPIRIT

It is natural to respond to the discomfort of our body and seek healing to bring it back to feelings of well being.

But we are sometimes hesitant to respond to the needs of our Spirit to be healed and become whole.





We can not control other people or some situations.

What we can control is our reaction and response to other people and situations by taking control of our

PERCEPTION

This little book gives you permission and the
Positive Phrases to “re-perceive”
who you are and what you are doing.

By taking responsibility for our perception,
we are more in control of the outcome of
any situation.

