



# Feeling And Healing Your Emotions

*By Conrad W. Baars*

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## Feeling And Healing Your Emotions By Conrad W. Baars

Feeling and healing Your Emotions offers guidelines for emotional and spiritual wholeness. In simple question-and-answer format, readers learn that all emotions are positive aspects of our nature and that a fully developed emotional life can strengthen one's spiritual life

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### About the Author

Conrad W. Baars, MD, named the 1980 Christian Culture Gold Medalist by Windsor University, Ontario, was a psychiatrist for more than 30 years until his death in 1981. Dr. Baars was the author of "Born Only Once" and co-author of "Healing the Unaffirmed" and "Psychic Wholeness and Healing."

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