

Emotional Freedom Malta (Facebook page)

St Jeanne Antide Foundation

The Method of the Commentary

To avoid being carried away by negative emotions.

Please see this video which I have put up on our Facebook page this morning:

<https://www.facebook.com/watch/?v=2322427674741019>

The video will teach you another method for managing your negative emotions. The method is called the Method of the Commentary.

If you want to visit the Facebook page, go to Facebook and then, inside Facebook, search for "Emotional Freedom Malta"

Thanks

Tony

If you are connected to the internet, try clicking on the picture below,

