

“*Overcoming Toxic Emotions* is a must-read for anyone wanting to have healthier and happier relationships. The three-step method Leah provides is a powerful tool that can be applied to any aspect of your life. Once you master this simple and practical method, you realize healing and transformation are possible. Take yourself on this exciting journey!”

—Christy Whitman, *New York Times* Bestselling Author of *The Art of Having It All*

"Leah Guy writes from experience. She has been through the fire, and transformed that experience into lights of truth. Read her, experience her, and be illumined by all she has to share."

—Michael Fitzpatrick, Recipient of The Prince Charles Award for Musical Excellence
Conferred by HRH the Prince of Wales

New Book Reveals How We Can Overcome Trauma, Toxic Emotions & Negative Thoughts To Live A Happy, Fulfilling, and Successful Life

“My career is going nowhere.”

“I can’t seem to hold onto a loving relationship.”

“Everyday I feel anxious and stressed out.”

“My addictions are overwhelming me.”

Many of us feel one or more of the above statements could be coming out of our very own mouth.

Author, television talk show host, new thought leader, motivational speaker, and intuitive spiritual teacher Leah Guy has helped thousands of people over the past two decades to get their lives together. She helps people replace feelings of anxiety, isolation, and defeat with success, love, and happiness. Her newest book, *Overcoming Toxic Emotions* (Skyhorse Publishing) empowers readers to transform their lives.

Having appeared in over 175 media outlets, including *US Weekly*, *New Age Journal*, *Yahoo!*, and *The Jenny McCarthy Show* (Sirius), Leah’s third book shares news-worthy advice and guidance on the following:

- A three-step method that quiets negative thoughts and eliminates bad behaviors.
- How to recognize our emotional imprints -- and how they affect us.
- Ways to ground ourselves no matter what is going on in the outside world.
- How to attract better people into our lives.
- Relieve anxiety, stress, or Covid-related fears.
- Heal emotional and physical addictions.
- How to stop self-sabotaging and creating unnecessary drama.
- How to identify the root causes of our biggest problems.

Overcoming the early-life trauma of rape and a murdered aunt, Leah abused alcohol and suffered from an eating disorder and anxiety disorder. Her personal growth development, along with years of training, helps her to now inspire others to live healthier and more fulfilling lives.

“The radical nature of this book is about taking responsibility for why we feel bad, or at least why we aren’t having the kind of life experience and relationships that we want,” says Leah. “It’s about understanding why we push people away, self-sabotage, make excuses, and distract ourselves with busyness.”

The desire to love and be loved and feel valued is universal. Seems easy enough. But for most people it is a constant, and often silent, struggle. Toxic emotions such as fear, resentment, guilt, and shame drain your energy, deflate the spirit, and make you feel stuck. Without attentive care and healing, it is easy to get trapped in false belief patterns that build toxic emotional and energetic imprints. These imprints set the stage for how we experience the world and how we react to it.

Many people are overwhelmed by repetitive thoughts. They take similar paths that lead to negative outcomes. This impacts their:

- Career growth
- Mental Health
- Relationship longevity
- Family dynamics
- Enjoyment of life
- Ability to love
- Reliance on addictive substances and behaviors
- Inability to recover from trauma

“By stepping into the authority role in your life, you can be free from the chains that bind you,” writes Leah. “You may visit the internal prison from time to time, but you will not be trapped, defined, or limited to other people’s behavior or beliefs, or stuck in the memory of pain any longer.”



Leah Guy is a new thought leader and expert in emotional healing and personal development. She's authored three books, the latest being [Overcoming Toxic Emotions, A Practical Guide to Building Better Relationships with Yourself and Others](#). She uses her personal triumphs over sexual abuse, addiction, anxiety and eating disorders, along with more than two decades of experience in private practice working with clients and organizations, to help people transform their lives.

A sought-after inspirational speaker and course instructor on DailyOM and InsightTimer, her practical tools to mindfulness and healing achieve results. Leah teaches people how to access their fullest potential by addressing and clearing repressed trauma and emotional memory. She offers techniques to reduce stress, provide mental and emotional balance and enhance overall

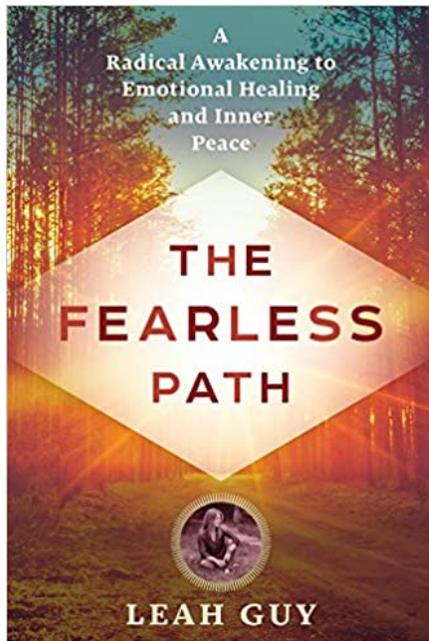
wellness that will facilitate productivity, better relationships, and stress reduction on topics such as: Meditation for Stress Reduction, AAA Method to Success, Breaking Through Fear & Anxiety, Mindfulness Tips to Improve Focus and Productivity, Personal and Interpersonal Conflict Resolution.

A brand spokesperson and national media personality, Leah has appeared on hundreds of top outlets as an expert on meditation, the mind-body connection, energy medicine and emotional and spiritual healing including: The Jenny McCarthy Show, Fox in the Morning, NBC, Yoga Journal, MindBodyGreen, Elephant Journal, CT Style, Knowledge for Men, Natural Awakenings and Conscious Life News. As a television talk show host at RCN for two and half years, she interviewed celebrities and notables such as: Deepak Chopra, Lee Brice, Flavor Flav, Seane Corn, The Amazing Kreskin, Judy Norton, and John Popper of Blues Traveler.

Also known as The Modern Sage, Leah is the owner of Modern Sage product line and podcast, as well as A Girl Named Guy Productions, a lifestyle media company. Professionally trained in media & communication with a BA from University of Louisville, she studied holistic health and mindfulness at the School of Enlightenment & Healing and Alive & Well Institute of Conscious Bodywork.

For more information, visit LeahGuy.com.

Leah Guy's Other Books

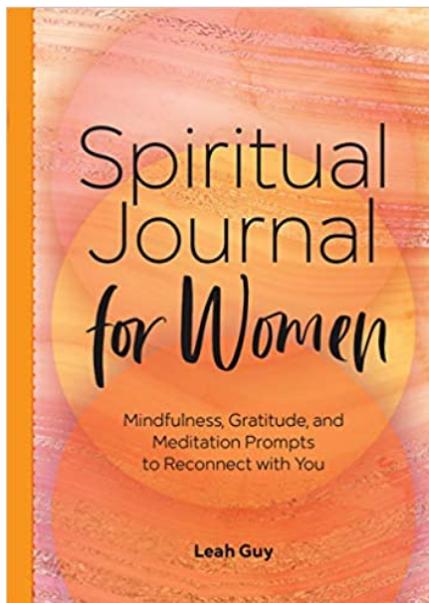


Leah Guy believes that disconnection is the root of all fear, and the attempt at letting go causes more problems than it solves. Debunking the myth of detachment and other popular New Age ideologies, she emphasizes that there's no escapism in emotional healing. Rather, the process is about putting the personal pieces of your heart, mind, and soul back together again. *The Fearless Path* offers a radical approach that will heal trauma, fear, heartache, and mental and physical health.

Overcoming anxiety, sexual abuse, eating disorders, and addiction using the principles in this audiobook, Leah has spent her life helping others find relief and freedom from personal afflictions.

In *The Fearless Path*, you will learn:

- Why "letting go" is the worst advice for healing, and how to really move on
- How to understand the stories your energy system tells about your mind, body, and spirit - and how to rewrite the script
- How to transform fear and anxiety into love and inner peace
- Why the law of attraction isn't all it's cracked up to be
- How to find strength and serenity in the midst of a personal storm



Gain new insights and reconnect with your highest self through spirituality

Get the guidance you need to start living every day with greater peace, happiness, and love. Whether you're new to secular spirituality or already have experience, this spiritual journal is filled with prompts and exercises to help you live more authentically as you reflect, grow, and nurture positive emotions.

The *Spiritual Journal for Women* includes:

- **Inspiring content**—Foster a richer and more spiritual life with everything from writing prompts and meditations to thought-provoking quotes and affirmations.
- **Ample writing space**—This spiritual journal gives you the space you need to record your innermost thoughts with roomy writing pages.
- **Different approaches to spirituality**—Explore spirituality through a variety of means, including Buddhist practices, yoga, and mindfulness.

Discover how connecting with secular spirituality can help you grow into your best self.

Leah Guy

Q & A

Overcoming Toxic Emotions

1. **Leah, what inspired you to write your latest book, *Overcoming Toxic Emotions*?** Working with clients, and during this current climate in particular, I recognize the desire people increasingly have to control their health, their mind and their happiness. However, there's not a lot of resources that are practical for the everyday person to achieve the goal of truly feeling better. And that's what it boils down to, people feel bad and want to feel better. Anxiety, stress, trauma, unrealistic expectations, cultural division, fear, and soured relationships are predominant in our society. No one wants it, yet everyone's experiencing it. Although traditional therapy has its place, more people need access to resources that can achieve bring results. And that's why I wrote this book.
2. **What exactly is a toxic emotion?** Toxic emotions are any negative emotions that have gone unprocessed or unresolved. All emotions are valid, and we need to experience the range of emotions as they relate to life experiences. It's ok to feel anger or disappointment or shame when the emotion is valid and in line with the experience. But if we hold onto shame, or anger or other difficult feelings (often from childhood) those emotions begin to mushroom and then dominate our behavior in some way or another. We project negativity onto others, we sabotage our relationships or careers, or we sabotage ourselves.
3. **What do we do about the toxic people in our lives?** If we have toxic people in our lives, we have several choices. One is to recognize that person is in emotional pain and attempt to have some compassion. Although it's not fair or kind that they spew toxicity onto others, the reason is because they have not done the work to process and heal old wounds. The most important choice to make with toxic people is to develop healthy boundaries. Not retaliatory boundaries, not ego-based or shame-based boundaries, but healthy boundaries. Pre-determine what is ok and not ok for you in relationship to this person and stay committed to the boundary. You might find that you not only have a more confident experience, you may have more patience and tolerance because you know what you will and will not tolerate going in. Boundaries are important and there's a whole chapter about them in my book!
4. **As an intuitive spiritual healer, how do you offer insight and wisdom to people in need of a lift?** My role is to hold space for others to discover and process their experiences and create the life they want. Of course, I support them with whatever insights I have, and share the wisdom I've gathered along the way. But mostly what I'm doing is reflecting back to them the strength and value they have within themselves, but don't know how to access it, or they've forgotten due to the traumas or pain. I help them find physical, mental and emotional balance and stability, and we work to build a new foundation and framework that

eventually supports that very life they have imagined, but felt impossible to live. It's quite exciting work!

5. **What type of mindful healing tools do you provide to help shift the mindset of those who suffer from old wounds and setbacks?** I use various tools for this, but want to mention here that I don't focus exclusively on the mind. Meaning, I believe most people have an emotional imbalance, not a mental imbalance. We focus on the mind because that's the part of us trying to rationalize our pain and avoid more of it. We can learn to alter our state of consciousness with things such as meditation, energy medicine, visualizations, and even intuition building skills, but ultimately, we need to incorporate the understanding and acceptance of the emotional body to have lasting change. For that I use tools such as positive psychology, emotional freedom technique, acknowledging root issues and good old fashioned cathartic work: journaling, crying, mirroring.
6. **Why do you believe people self-sabotage themselves?** Self-sabotage is an expression of our pain internalized. It's all a cycle of emotional addiction to a lower vibrational frequency: pain
As crazy as it sounds, when you understand the way we absorb and build our belief systems and emotional foundations, (what I call emotional and energetic imprints) as young people, we take on false beliefs and untruths and attribute them to our value. This is where toxic shame starts, and deep insecurities or guilt. A child doesn't know what to do with those feelings aside from feel bad. Without recognizing it, we resonate with that feeling as a sort of comfort and familiarity. And that's the feeling we carry forward in our cellular memory. And as soon as "better" things start to come into their lives, they don't know how to hold the 'good' feeling, so find ways subconsciously to sabotage and keep them in the pain cycle. This is the emotional addiction that none of us want, but that we play out. The way to overcoming that cycle is to use my AAA Method. When we gradually shift our belief system in our mind, and are able to sustain better feelings in our lives because we are doing the work, then our energetic frequency elevates, hoisting us into a different zone. That's when we begin to attract new types of positive experiences that we can then hold onto and not sabotage.
7. **Leah, for over the past two decades, you have helped over 100,000 people – with your books, online courses, speaking appearances, and one-on-one trainings. Tell us: Why do people repeat mistakes, continue along damaging paths, or remain stuck in their lives?** It's the cycle we are drawn to, the addiction to our pain from our past energetic and emotional experiences, that people don't know how to break. And are often scared to because then the story is over. They fear losing connection with their families, or friends. The people who were also characters in the story. As much as we want to feel better, it is difficult to break a pattern of generations, sometimes, that carry lower and negative beliefs, emotions, relationship patterns and mentality. Many people, up until now, haven't had the tools. People talk about WANTING to feel better or raise their vibrations. We talk all kinds of positivity and still feel terrible. Why? Because the steps it takes to change your life are simple, but not easy. It takes a commitment and consciousness, just like any other addiction, to break the cycle of emotional imprints and re-write your story.
8. **How do you help people identify the root causes of what is behind the challenges or problems that they are experiencing in their lives?** I'm very attuned to the mind-body and emotional connection and what is showing up in

body language, their emotions and through their words. However, it's not my job to just tell them, I help them discover it for themselves. When a person feels safe to share their vulnerable feelings and experiences, and hear themselves saying it, they quickly touch into a trigger or "live" emotional current. The challenge is moving beyond blame, or making excuses, or rationalizations of their family dynamic. The way we heal is to come into complete honesty about the way WE feel, or felt, not why someone did what they did, or that we forgive them. Most people aren't carrying around that much resentment. They are carrying memories and scars of shame, guilt, fear and feeling unsafe in their own skin. So, it's about giving ourselves permission to really touch into the emotion of the way we feel or felt, without smothering it with the story and characters. As soon as we have the emotion present, and the acknowledgement and validation of that emotion, we can then shift the feeling into healing with emotional and energetic techniques.

9. **For people who feel stuck in their career, what do you tell them?** The career they are in now matches the energy vibration of the emotional imprint they established a long time ago, unless they've worked to elevate that vibration. Feeling stuck in a career is often attributed to low self-worth and lack of confidence. We can explore the real reasons they are choosing to stay in their career, and most often it will come down to fear. But under that fear is a deeper emotion or belief – something like "I'm not enough." Or, "The universe doesn't support me", or "If I step out on my own, I'll fail." It's amazing how often people talk about their faith and trust in God or the Earth or the Universe, but when it comes down to them, they don't really trust at all. That's often because shame and low-self-worth is the recurring energy and belief that's been driving them for so long.
10. **Everyone seems to have relationship issues. Why is dating or marriage so challenging to so many?** In relationship we eventually expose our emotional imprints and wounded patterns. Of course, relationships are the perfect way to work through our challenges, but both people need to be aware and willing to show up fully to the other. When we first meet, we are putting forth the ideal self but we often hide the more vulnerable parts of us. As we grow more comfortable, our inner wounds start to surface and we get triggered by the actions or words of the other. This isn't their fault, unless they are purposefully trying to hurt us. We have to take ownership of our unhealed emotions and recognize when we get triggered and how to deal with that. This is described in my book, and the process works for any relationship. It can be scary to be vulnerable and share our insecurities and fears, but if we aren't offering the same openness and compassion and care we desire for ourselves, it is a dead-end road. It's not your partners job to fix you or heal your challenges, but with clear communication you can both share in a way that isn't threatening or hurtful, but instead encourages grow and love to blossom.
11. **Let's talk about addictions. You overcame challenges with alcohol and an eating disorder. What is the mindset needed to overcome our addictions?** Yes, I've had quite a few addictions in my life, We can use our mind to get curious and discover the emotional pain that we are feeding with the addiction. People think vices and addictions are to help "give them a break" or "take the edge off" and we use that rational ignorantly. Addictions are simply matching the feeling of pain that we are in fact addicted to. If I feel strong, healthy, calm, confident, at peace in that high vibrational state of feeling I'm probably not going to crave a poisonous substance, or over-spend my hard-earned money. It's

because we feel stressed, low energy, negative feelings, grief, loneliness, resentment, anger or fear that we reach for the substance or addictive activities. Yes, soon enough your body and mind will come to crave the thing itself, but that's when we apply mindfulness practices to become the observer and see what is really going on that's driving the addiction. Addictions aren't hard to stop. We just stop doing the thing. It's the emotion that's seeking validation to pain that is hard to stop.

- 12. You talk about trauma recovery and unfortunately you have had more than your fair share. At age 14 your aunt was murdered and your parents divorced. At age 20 you were raped. What can any of us do to move forward from trauma?** Many of us have trauma or very difficult things to go through in life. I mention in my book that it's like we have everything we need in this beautiful world, and yet each of us are handed a bag of caca to carry around. In my first book I talked the danger of the "letting it go" philosophy that is often spewed by gurus and teachers. We can't just let go and be done with it. Where are we putting it? There's no universal trash can that takes all of the things we don't want. If there were, it would be easy. We have to process our feelings. Not just the why, or the when, or the way it all happened. And blaming the person or situation that caused the pain focuses all of our energy on someone or something other than ourselves. We have to acknowledge the way the event made us feel, and deal with that. We have to accept and apply self-love tools so that we can sit with the memories of the experience and not get triggered. When we do that, we have integrated the experience as part of our lives, not something to hide, deny or forget. In fact, it can make us stronger and more whole. If I tried to forget or move away from my rape or the murder or the abuse I've endured, that only cuts out parts of my life, not my feelings about them. In fact, I often find gratitude in being able to tell my story, to relate with others, to access those feelings as a source of strength that has led me to be a powerful teacher and person.
- 13. How does one create healthy boundaries?** To create boundaries, we have to be clear with ourselves of what serves our health and happiness. If I can't sleep well because I'm taking drama-filled calls from my friends or relatives until 10pm, a healthy boundary would be to alert them I'm not taking calls after 8pm then put my phone on silent or airplane mode. This is not causing anyone harm, it's not retaliatory or mean. It's simply choosing what is best for you and then acting on that. When we have these types of boundaries, we can actually build more intimacy and better relationships because everyone is clear on who needs what in order to stay sane and function. The hard part is sometimes enforcing those boundaries for ourselves. If you say one thing then allow or do another, you don't have a boundary, you have a suggestion. Boundaries are a quick way to stop self-sabotaging and allowing others to control your experience.
- 14. How do we try to understand our emotional imprints or the things that have controlled our lives?** Our emotional imprints are formed by every experience and sensation we gathered in relation to those around us in our developmental years. The looks, words, behaviors, feelings, smells, sights...any kind of information we took in, that's what we summed up as reality. Our exchanges with others, good/bad/confusing/empty, left an emotional feeling inside that we translate to a value of our own being. This is how shame and guilt develop so quickly as an imprint. If we see mom or dad not happy, kids automatically think they have done something wrong or if they were somehow different, mom or dad would be happier. Ultimately, we are out for our own survival and getting our emotional

needs met at that age. When we are afraid or subconsciously know we are not getting those needs met, we internalize that. Kids don't blame their parents, they blame themselves. Then our emotional body stores this memory that I'm not good enough, fast enough, pretty enough, smart enough, or if I had done this/that or the other everyone would be better so it's my fault.

15. **What is your three-step method for quieting negative thoughts and stopping bad behaviors?** My 3-Step Method is called the AAA Method. I don't want to give it all away here, but the AAA stands for three simple words that we all know and use in our everyday lives. Applying these words with intention is the way to help us transform and grow in our lives. The first is acknowledgement. You may think, "I know what that word means!" That's a no-brainer. But when we use it in healing, it changes everything. You can't take back what you have mindfully acknowledged. For example, if I acknowledge a bad habit of mine, my first instinct might be to make excuses for why I do it, or rationalize that the habit could be worse, or to tell you when I started it and who I learned it from. These are all ploys of our minds to attempt to keep us from the scariness of change. If I acknowledge the reality of my bad habit in full ownership, I have just set myself up for the next step. Humans like (and need) to progress, evolve. When we are stuck, we are looping in our fears. When we acknowledge with intention, it's like putting the first step forward on the path to our wholeness. It's not just using the words, it's tapping into our internal truth that we want to progress and evolve – we want to be our best selves, not stay stuck in our pain and addictions. The other 2 steps take you right to the heart of shifting.
16. **How can we attract better people to us?** I guess I'd say, let's define what better people means: People who aren't suffering? People who are nicer? If we can remove the judgment of others, then we remove the judgment of self. Instead, we can think of it this way: what we attract matches the energy that we are emanating. So, to attract different kinds of people, we have to do this work of healing our wounded imprints and stepping into higher vibrational frequencies, which then changes the dynamic of our energy fields and attracts a different person or experience that matches our new feeling. It's that simple!
17. **How can we relieve anxieties that cripple us?** I remember feeling like anxiety had control over me, like it was a big scary monster and I was trapped by its power. But anxiety is a symptom, not the problem. We aren't born with an anxiety disorder. Yes, some have chemical imbalances, but not the most of us. If anxiety is a symptom, then that symptom is trying to tell us something. Anxiety is often covering an unresolved underlying emotion. Anxiety may even be covering fear, but then we have to ask, fear of what? All states of our emotions have the ability to be balanced and healthy, or imbalanced and unhealthy. Fear is a perfect example. We should feel fear when we are in danger. But we've learned to feel fear that isn't present. We visualize it, we play the what-if game, and we invite the fear in. What if we stayed present and got in touch with the emotions that are actually happening in this moment? You may notice you don't feel anxious right now at all, so why say you have anxiety? That only gives it power. You may not feel angry in the moment, but you were angry yesterday. That doesn't make you an angry person. When we are actually anxious, what can we learn? Maybe there is grief trying to bubble up. Maybe disappointment for not following your heart. Maybe there is resentment. When we attend to our emotions and let the ones that are active flow and process out, anxiety dissipates. But most of us get stuck in our heads, we avoid our emotions and unpleasurable sensation. Start by noticing each

day how you actually feel rather than the way you felt in the past or the way you expect to feel by habit. This is mindfulness at its core, being aware and being honest with the reality that you are experiencing. It's also emotionally mature to do so.

- 18. How do we re-connect after isolating and distancing during Covid?** Many people may feel timid to have personal or close contact when we re-emerge from the pandemic. Our bodies have gone into a new mode of self-preservation and higher alert. Remember that you always have a choice. When we are the chooser, we feel more empowered. You get to choose if you want to continue social distancing until you feel safe. You get to choose if you continue to wear a mask, or 3 masks. You can empower yourself with immune enhancing essential oils, supplements and breathwork to strengthen your health. You can set new boundaries for your self-care. If you feel comfortable going out and being around people, remain compassionate and gentle with others who may not feel the same. It's ok to be wherever we are, we've been through a lot. Respect is important, not arguing who's right or wrong. But if you are around others who are safe, and you feel safe, begin practicing the simple handshake or hug again. Stand back from others outdoors and take the mask down to offer a smile. Humans are hard-wired to connect, so any way that you can do that and feel safe will send positive messaging to your inner self that we are not alone, that pandemics end, and although things may be different there are ways to feel connection with others.
- 19. You distinguish between mental health and emotional health. Please explain what the difference is.** We attribute so many problems to our mind, when actually it is our emotions that are the issue. Mental health is the health and integrity of the brain and mind. It needs nutrients to be healthy and balanced, it needs downtime from over-working. It needs positive reinforcement and messaging. But too many people are trying to "control their mind" when we need to let the mind do what it's meant to do: think, analyze, rationalize, make decisions. We just don't want it to be working all of the time. Here's what we need to remember: every thought has a feeling attached to it. Emotional health asks us to notice and attend to the way we are feeling. Are we feeling safe? Are we feeling justice? Are we feeling respect or respected? Are we feeling good with this decision or person? What does this feeling remind me of? We ignore the emotional response and we try to deal with life by what our mind is telling us. The mind is full of stats and information that are sometimes true, but could also be a perception or illusion. I talk in my book about false beliefs. We are often taught things that are not factual. They are our parents' beliefs, or our cultures ways. We may choose to believe them, but more often we get so ingrained with that belief we don't even question if it's true.
- 20. How do you define energy medicine?** We are made of energy. The physical body is a dense energy. Surrounding the body, we have a field of energy (or our auric field) that corresponds and relates to our bodies and the emotions we feel. Energy medicine is the practice of attuning to the more subtle layers of our being and restoring balance and health to support the physical, mental and emotional bodies. We emit vibrational frequencies that extend through us and beyond us to our environment. Emotions have a frequency. Toxic or long-held negative emotions have a lower frequency, such as pity, anger, loathing, resentment, rage. Healthy, happier emotions have a higher frequency such as joy, laughter, kindness, bliss. It is unrealistic to believe we can stay in the higher frequencies at all times because we live in a universe that fluctuates with energy and experiences

that we feel. But energy medicine applies practices of nature (essential oils, herbs, crystals, water), other people's energy (healers for examples), and sound-frequencies to help one rebalance and clear toxic patterns that may be stuck or uncomfortable. There's nothing whoo-who about it really. People have been nature's elements since the beginning of time to restore health. We have made it weird.

21. **How do we really come to love ourselves?** Inner child work is one of my favorite methods for learning self-love. I lead meditations and training for the inner child, as it's so important. Once we can connect to our inner child, the part of us that needs love, encouragement, validation, and wisdom, then we can learn to re-parent ourselves. If you had an actual little girl or boy, could you love them? How would you show your love? How would you teach them, discipline them, encourage them or validate them? Would you talk to them the same negative or harsh ways you talk to yourself? Many of us wouldn't, because we are an innocent and beautiful being who wants only to be loved and nurtured and taught how to survive in this world. Imagine that little child is you, and start there. Many of us are extremely hard on ourselves, we talk down to ourselves. How can you be more simple, gentle and reassuring to the parts of you who feel invisible, or unseen or unworthy? What would you say to that child? Let love guide you, not the voices of reprimand you may have heard in the past. When love is guiding you, the feeling is so aligned with goodness that's what we'll naturally want to grow toward.

Testimonials

"Leah is a gifted writer, healer, and teacher. This book is next level for anyone who wants to grow in their personal and spiritual life. It's a book we all need right now to elevate the consciousness and vibration of ourselves and the world. Leah is a trusted resource and I applaud her journey.

—**Suleman Shah, Owner of Namaste Bookshop**

"I want the reader to know that this is one of the most remarkable books I've read in years on self-help and awakening. My personal library contains over eight thousand books, and I spent over eight years in my early career sharing an office with a fabulous clinical psychologist, Dr. Harold Hansen. I can tell you that Leah Guy's book is one of the finest, offering substantial and meaningful self-help and guidance. She carries us through in brilliantly written pages as to how we can change our energy, and relate more effectively with others. I was impressed when she communicated a value that has rarely been messaged today . . . and that is, walking in someone else's shoes."

--**The Amazing Kreskin, World-Renowned Mentalist**

"In *Overcoming Toxic Emotions*, author Leah Guy takes a deep dive into what toxic emotions are, and how they hold us back from experiencing joy and fulfillment. She provides a clear and well-articulated road map to freedom from these emotions, and to a more satisfying, self-directed life. This book can help many."

—**Chris Kilham, Medicine Hunter**

"Leah Guy is an authentic mind/body/spirit healer par excellence. With a wide-open heart she leads people, teaches people, heals people, and learns from people. Leah's list of followers continues to grow daily as people hear of her work. I am one of them."

—**Cynthia D. Chase, Author of *From Stressed to Blessed***

"Emotions are contagious, for better or worse. When we are in the grip of toxic emotions, we suffer, and we usually spread suffering. What if you could learn to free yourself from these negative patterns so you could enjoy more happiness and enrich all your relationships? In this compelling work, Leah Guy shares her deep insight into how you can become aware of and then transcend maladaptive habits of body and mind. Essential reading for all who are ready to move beyond negative conditioning and make life more beautiful by creating loving and healthy relationships with themselves and others. Highly recommend."

—**Michael J. Gelb, Author of *How to Think Like Leonardo da Vinci* and *The Art of Connection***

"Leah Guy has assessed the difficult situation into which so many of us were born, tracked those imprints into our reality today, and in this thoughtful and practical book, provides tools and perspectives through which we can really do something about self-healing. In short, we can take our lives back, evolve our mind-body frequency to another level, and take a deeper dive into our human potential. Thanks, Leah, for being such a good guide."

—**Mitchell Rabin, Holistic Psychotherapist, Host of *A Better World***

Examples of Leah Guy's AAA Method

Acknowledge false or limited beliefs that are attached to your story.

Accept the story that created false beliefs or emotional pain.

Act by taking a micro-step toward self-love and healing in this moment. Some ideas may be spending time with new people, writing and expressing yourself more, joining a group or club with people who have similar interests, or pampering yourself.

Acknowledge familiar patterns you are playing out from your story.

Accept that your feelings or behaviors stem from the story of your past.

Act by creating positive experiences to shift your vibration higher and form new emotional energetic imprints. Some examples may be practicing being present, calling a good friend, or journaling.

Acknowledge the presence of your inner child.

Accept the feelings and fears that arise from your inner child.

Act to re-parent your inner child with healthy love, discipline, and nurturing.

Acknowledge that you are judging yourself in fear of how others perceive you.

Accept this feeling of judgment, even though it is uncomfortable.

Act by applying compassion for the insecurities and fears associated with your emotional imprints. Sit with your inner child and grieve the loss of self you've felt throughout your life.