



My Doom Loop: Ended Here. Yours Can Too.

By Eva Angvert Harren

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Get free from the cycle of anger, anxiety, and addiction. Do you feel as if you are always reacting instead of acting? Do you say to yourself: "Here it comes again." If so, you could be circling in your own doom loop: You know what's going to go wrong, but you have no power to stop it. Now you can transform your way of being with clarity, confidence and the natural courage to be you. Eva Angvert Harren will show you how she got out of her doom loop, and provide you the step by step BEAM LiFE process, 25 years in the making, that finds your blocks and melts them away. Join hundreds of others who have escaped their doom loops into a happy, easy flow of life. Your doom loop ends here.

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Editorial Review

About the Author

Eva Angvert Harren, creator of BEAM LiFE specializes in a Body Centered approach to Healing and Complete Wellness. She helps you “Reclaim, Restore, and Recover” your body-mind to Be Reaction Free! By creating Small Shifts in you daily life you learn skills in understanding and managing thoughts, emotions, and sensations. You COME ALIVE—maybe for the first time! Eva offers the BEAM LiFE Process, as a personalized, effective, and transcending process to empower you to be more of You. She teaches her unique approach through experiential workshops, seminars, and one-on-one coaching. She believes that true wellness is reached by healing from the Core. BEAM LiFE has been a tremendously effective process for people on the Autistic Spectrum to feel comfortable with themselves and belong in the world. You find relief from your own Doom Loop of obsessive and impulsive behaviors and thought patterns, and learn how to release internal blocks to find your own freedom from anger, anxiety, and stress. You feel the aliveness available after releasing tension and pain in your body, and learn how to reclaim your power, restore your peace, and recover your self. Eva’s goal is that you will eventually not need her services. You will become a self-accepting and self-motivated person who will find Clarity in what you want, Confidence in what you do, and Courage in being You! For over 25 years, Eva Angvert Harren, has masterfully developed and taught her BEAM LiFE step-by-step body-centered awareness approach to people who wanted to move beyond their limiting beliefs about themselves and their possibilities. She is a Certified Integral Coach, www.newventureswest.com, Somatic Experiencing Practitioner (SEP) www.traumahealing.com, and a TIPI Specialist, www.emotionregulationtipi.com. For more information about Eva, go to www.BeamLifeCoaching.com

Users Review

From reader reviews:

Connie Simpson:

Book is to be different for every grade. Book for children till adult are different content. As we know that book is very important normally. The book My Doom Loop: Ended Here. Yours Can Too. has been making you to know about other knowledge and of course you can take more information. It is rather advantages for you. The publication My Doom Loop: Ended Here. Yours Can Too. is not only giving you a lot more new information but also being your friend when you experience bored. You can spend your current spend time to read your publication. Try to make relationship with all the book My Doom Loop: Ended Here. Yours Can Too.. You never really feel lose out for everything in the event you read some books.

Jean Spence:

The book My Doom Loop: Ended Here. Yours Can Too. will bring one to the new experience of reading the book. The author style to describe the idea is very unique. Should you try to find new book to read, this book very suited to you. The book My Doom Loop: Ended Here. Yours Can Too. is much recommended to you to study. You can also get the e-book from official web site, so you can more easily to read the book.

Laura Enriquez:

Reading a book tends to be new life style on this era globalization. With reading through you can get a lot of information that can give you benefit in your life. Together with book everyone in this world may share their idea. Textbooks can also inspire a lot of people. Many author can inspire their very own reader with their story or perhaps their experience. Not only the storyline that share in the textbooks. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors nowadays always try to improve their ability in writing, they also doing some investigation before they write with their book. One of them is this My Doom Loop: Ended Here. Yours Can Too..

Philip Brown:

Spent a free time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their particular friends. Usually they carrying out activity like watching television, going to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your free time/ holiday? May be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the guide untitled My Doom Loop: Ended Here. Yours Can Too. can be good book to read. May be it could be best activity to you.

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