



# Emotional Exorcism: Expelling the Four Psychological Demons That Make Us Backslide

*Holly A. Hunt Ph.D.*

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Dr. Holly Hunt's groundbreaking work, *Emotional Exorcism*, offers all those in emotional distress a new way to face one's demons and banish them once and for all. For anyone unable to pull themselves out of sadness, anxiety, anger, or addictive behaviors, it is a potent and practical strategy for expelling psychological demons and stopping the feeling of failure.

Drawing on years of experience in private practice with clients of all backgrounds, Dr. Hunt shows how earlier life experiences can create a core of negative belief she calls the "Master Demon," as well as self-sabotaging thoughts and behavior patterns called the "Four Soldier Demons." These generate emotional negativity within us, providing a power source for the demons. Dr. Hunt then provides a practical, user-friendly, research-grounded model to change those self-sabotaging thoughts, behaviors, and feelings without the self-defeating burden of battling ourselves. Through a variety of tools, she empowers readers to separate from, stop feeding, and effectively exorcise our psychological demons.

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