

Anger, fear, depression, frustration - what are we to do with all these painful emotions? Why are they so much more powerful than the “positive” ones? How is it that depression and anxiety, along with a myriad of troubling thoughts, take over our horizon and cause us to forget all the good things?

These painful thoughts and emotions affect our decisions and the quality of our relationships, drain our strength and resources and make our daily routine unbearable at times.

“Who is knocking on your door?” answers these questions and equips the reader with two extremely efficient tools. These tools have caused a revolution in my personal life and in the lives of many others, who decided to manage their thoughts and emotions and therefore are not controlled by them. The tools are a part of a fuller healing process, described in detail in my book “Woven with Gold” (at the moment, available only in Hebrew).

For more information please visit ornagrinman.com.

WHO IS KNOCKING ON YOUR DOOR?

Orna Grinman

Manage your painful emotions and compulsive thoughts so they don't manage you

