

The Emotional Edge is an exciting expansion of Crystals successful brand - she has tackled weight management, confidence building, and spiritual growth, and now she combines all that and more into her most powerful program yet. The Emotional Edge is a guide for letting go of the past and embracing a more empowered future. This audiobook is spiritual self-help designed to teach readers how to overcome behavioral ruts and engage the world from a happier, more empowered place. Listeners will use exercises, meditations, and paradigm-shifting anecdotes to create a healthier self-perception, and from there will discover new ways to face the world with a happier and more successful outlook.

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