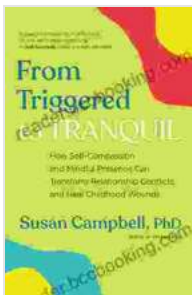


# From Triggered to Tranquil: A Journey of Healing and Inner Peace

Are you tired of being held captive by your triggers? Do you feel like your emotions are constantly hijacking your life? If so, then it's time to break free from the cycle of reactivity and find true inner peace.



## From Triggered to Tranquil: How Self-Compassion and Mindful Presence Can Transform Relationship Conflicts and Heal Childhood Wounds

★★★★★ 5 out of 5

Language : English  
File size : 1045 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled



In her groundbreaking book, *From Triggered to Tranquil*, Dr. Nicole LePera provides a roadmap for healing and transformation. Drawing on her own personal journey and years of clinical experience, Dr. LePera offers a compassionate and practical guide to help you:

- Identify your triggers and understand their root causes
- Develop coping mechanisms for managing emotions in a healthy way
- Build self-awareness and resilience

- Find inner peace and acceptance

With warmth and authenticity, Dr. LePera shares her own struggles with anxiety, depression, and trauma. She provides a safe space for readers to explore their own experiences and develop the tools they need to heal.

*From Triggered to Tranquil* is more than just a book; it's a transformative journey that will empower you to take back control of your life. If you're ready to break free from the cycle of reactivity and find lasting inner peace, then this book is for you.

### **Praise for *From Triggered to Tranquil***

"Dr. LePera's book is a lifeline for anyone who has ever struggled with emotional triggers. She provides practical tools and insights that will help you heal and find inner peace." - **Oprah Winfrey**

"*From Triggered to Tranquil* is a must-read for anyone who wants to understand and overcome the power of triggers. Dr. LePera's compassionate and evidence-based approach will help you break free from the cycle of reactivity and find lasting peace." - **Dr. Gabor Maté**, author of *In the Realm of Hungry Ghosts*

"Dr. LePera's book is a gift to humanity. She offers a clear and compassionate path to healing and inner peace. I highly recommend this book to anyone who is looking to transform their life." - **Marianne Williamson**, author of *A Return to Love*

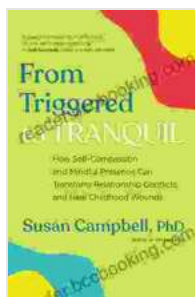
### **About the Author**

Dr. Nicole LePera is a licensed clinical psychologist and the author of the bestselling book, *How to Do the Work*. She is known for her compassionate and evidence-based approach to healing. Dr. LePera has appeared on Oprah Winfrey's Super Soul Sunday, The Today Show, and Good Morning America. She is also a regular contributor to The New York Times, The Wall Street Journal, and Psychology Today.

## Free Download Your Copy Today

*From Triggered to Tranquil* is available now at all major bookstores and online retailers. Click the button below to Free Download your copy today.

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