

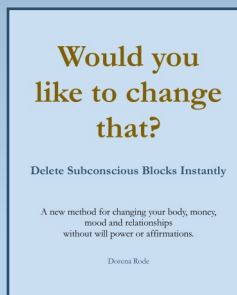
Would You Like to Change That?

Getting Unstuck in ALL Areas of Life by Finding and Deleting Subconscious Blocks



Dr. Dorena Rode is an award-winning speaker, author and life coach. She has a Ph.D. in physiology with an emphasis in alternative medicine from UC Davis, a degree in behavioral health counseling and over thirty years' experience using alternative modalities to help people and organizations get unstuck.

My Fifth Book:
Coming Jan 2018!



STORY IDEAS

- **What to NEVER do When Depressed**
20% of the U.S. population experience depression. Don't make these mistakes when you or a friend becomes depressed.
- **How Heart Disease and Cancer Risk are Related to Suicide Attempts**
Half of the U.S. has had at least one. The CDC has found that if you this happened to you as a child, your risk of cancer and heart disease doubles and the possibility of a suicide attempt goes up 12x.
- **What you Need to Know BEFORE Starting Yoga**
More people then ever are trying yoga and they are not aware of the risks. I found out the hard way that yoga and meditation can increase stress...
- **How to Stop Falling in Love with Losers**
Does he always cheat? Is she nag? Our subconscious drives us to pick the wrong partners, but we can break the cycle with this trick.
- **The 10 Lies We Tell Ourselves That Ruin Our Life**
20% of the U.S. will experience depression. Don't make these mistakes when you or a friend becomes depressed.
- **Take Control and Fire Your Boss**
How to get rid of a bad boss. The secret is in your subconscious.
- **Five Secrets to Overcome Your Past**
Low self-esteem? Past bad decisions? Childhood experiences holding you back? Let me give you five secrets for overcoming your past.
- **I cured my Depression w/ Alternative Medicine**
After decades of depression and anxiety, I discovered repressed childhood memories that were keeping me stuck and used alternative medicine modalities to cure myself.

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MEDIA



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IN HEALTH AND MEDICINE