

THE REMEN Q METHOD

An Easy Do-It-Yourself
Process to Create Inner Peace and
Change Your Reality



Valeria J. Moore

This is No Secret!

Do you struggle with worry, anxiety, regrets, guilt, relationships and or stress?

Many of us have emotional wounding that creates disease in our bodies, chaos and drama in our relationships, reactive divisive communication and contraction in our hearts.

In The Remen Q Method, Valeria J. Moore shows you a tool for achieving inner peace at the moment of non-peace. This technique is a do-it-yourself process that is simple and effective. You can do this process while standing in line at the grocery store, at a stressful family gathering or in a business meeting. Once you learn the process, it may only take five breaths and four words to shift a contracted heart in the moment.

www.remen-q.com

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Process to Create Inner Peace and Change Your
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Valeria Moore is a consciousness researcher and journeyer. Valeria has explored the foundations of our consciousness for over 50 years and shared her explorations with people around the world. Valeria has never used just one path to discover the wisdom of the ancients. Instead, she believes that all traditions hold foundational wisdom that moves us forward along our path of understanding our nature. Valeria trained in a plethora of healing methods both as a practitioner and as a teacher. Each one of these healing methods added to her understanding of our nature.

Valeria lives in Oregon. She is the author of Healer Wisdom which became Emotional Patterns.

