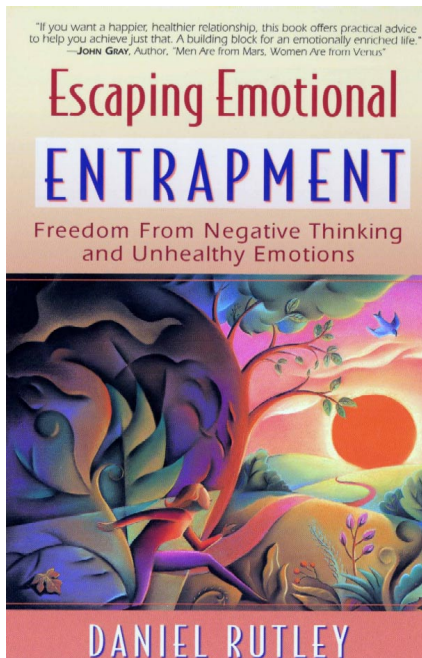


# Eye for the Future

*Making the most of your future today.*

## BOOK REVIEWS

by Ron Johnson



### *Escaping Emotional Entrapment*

by Daniel Rutley

Pax Publishing

One of the healthiest choices we can make in life is the conscious decision to come to grips with our emotions, begin to understand who we really are, where our emotions come from and how to embrace them.

Daniel Rutley's latest book *Escaping Emotional Entrapment* is a well-crafted and thorough exploration of the cause of negative emotions, how they can cripple our lives and how we can break free.

The key phrase in Rutley's book is a simple but meaningful one, "The past does not determine your future, you do."

Rutley takes you through a series of stages, with each one helping you develop the necessary skills to make the required change from negative entrapment to positive emotional freedom.

The book is organized in ten sections ripe with information, insight and passion. Each individual section begins with a preface, which includes a short exercise to get you thinking about the idea Rutley will introduce.

After each section Rutley summarizes the main points and includes a "What do I do" portion to apply the section's principles.

Rutley demonstrates tremendous insight. The book is overflowing with information that will both guide and inspire you to confront your past, learn to live with it, embrace your emotional self and solve the emotional entrapment puzzle.

Overall, *Escaping Emotional Entrapment* contained excellent ideas and insight. Highly recommended.