

Donald Zandier of Enlight Treatment to be Featured on CUTV News Radio

BETHEL PARK, PENNSYLVANIA, UNITED STATES, August 9, 2018

[/EINPresswire.com/](http://EINPresswire.com/) -- We have many effective ways of healing our physical body, but until now we've had no application to broadly and deeply heal our emotional body.

Donald Zandier is a Psychologist and the creator of Enlight treatment, a revolutionary modality designed to heal a lifetime of harmful emotional experiences and free individuals of the bad habits they have developed to cope with these experiences.

According to Zandier, our experiences are stored in our subconscious like information on a computer.

Sometimes the emotions we associate with our experiences are processed and we feel better, but more often than not, we don't fully process these emotions, and over time, these unprocessed negative emotions accumulate "like barnacles on the bottom of a boat."

Based on the results Zandier has observed, he believes that the Enlight method painlessly accesses both the conscious and subconscious experiences that still possess a negative emotional charge. Then, Enlight removes the active emotional discomfort associated with each experience.

Enlight treats the causes of emotional distress. Sadness and anxiety appear to improve after healing the subject's history of harmful emotional experiences. The key emotional experiences are trauma and what Zandier calls emotional malnourishing experiences. Moreover, reduces bad habits by focusing treatment on the temporary relief associated with all of our bad habits.

"Bad habits develop as a means of coping with our pain," says Zandier. "However, these habits never heal the source of our discomfort and eventually cause additional problems."

Zandier developed the Enlight treatment after experiencing frustration as a psychologist.

"I've always had a natural compassion for people and a desire to relieve their suffering," says Zandier. "Early in my career, I didn't feel I was making nearly as much of a difference as I thought I would. I was anxious for something that would work better. When I found this, I was like a kid in



a candy store.”

Zandier has refined his approach for the past 25 years, and now offers an online application. He says he is most proud of how well Enlight works on the average person.

“We all have some degree of negative emotional history and bad habits which Enlight can clear,” says Zandier. “Therefore this approach can improve society’s emotional health in general.”

Enlight is not a replacement for medical treatment but a supplement that may greatly enhance treatment as usual.

CUTV News Radio will feature Donald Zandier in an interview with Doug Llewelyn on August 13th at 1pm EDT.

Listen to the show on [BlogTalkRadio](#). If you have a question for our guest, call (347) 996-3389.

For more information, visit www.enlighttreatment.com

Lou Ceparano
CUTV News
(631) 850-3314
email us here



This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases. © 1995-2018 IPD Group, Inc. All Right Reserved.