



Clarion Review

Self-Help

Clear the Path: A Simple Approach to Eliminating Emotional Issues

Leticia "Lee" Verdin

Trafford

978-1-4251-0927-1

Two Stars (out of Five)

Clear the Path: A Simple Approach to Eliminating Emotional Issues, by Leticia “Lee” Verdin, presents what the author declares to be a rapid and effective method of eliminating the barriers to achieving one’s goals. These barriers often take the form of destructive thoughts that can exist concurrently with the positive and constructive thoughts that could, if acted upon, lead to achievement. Unless these hidden destructive thoughts are eliminated, Verdin states, one’s spirit will not thrive.

Verdin’s method, which she calls the “Issue Eliminator,” involves clearing the emotion surrounding a problem. “In releasing the emotion,” Verdin writes, “the issue becomes insignificant because it no longer has any emotional value. And without emotion, it is no longer a problem; it is just something that happened.” Because an emotional state is difficult to maintain over time, the conscious effort to hold on to it, without the imposition of a story, will allow it to dissipate. “At that point, the mind can potentially change and reroute itself toward a singular focus on a positive outcome,” she asserts.

The “Issue Eliminator” method and the “Issue Eliminator Board” Verdin supplies in an illustration at the end of the book offer what the author suggests is a quick and easy solution to dealing with negative emotions. However, Verdin does not back up her claims with research, nor does she share stories of her own clients who have used her method successfully.

It is also unclear who Verdin’s intended audience is. The author states that her book “was designed and written for individuals who seek a time-saving, life-fulfilling method to promote the removal of barriers and obstacles that interfere with achieving personal goals—whatever those may be.” However, Verdin’s at times pedantic writing style may be off-putting to lay readers who might prefer a more conversational tone. That said, if Verdin’s target audience is actually made up of professionals in the field and/or academics, then a writing style

that adheres to academic and stylistic standards should be employed. In either case, an author's bio would give Verdin more credibility with readers, and references to supporting research should be provided along with a bibliography.

Additionally, the text contains many errors in word usage, and punctuation is often incorrectly used or missing. Sentence structure is frequently awkward, as exemplified in the following excerpt: "These barriers exert one's capacity to the point of conformity and submission. This merely leaves the desire to agree, oblige and retreat to a dormant or comfort zone. And although the comfort zone may seem suitable and appropriate for some, it may be deterring for others." Furthermore, while the author's "Issue Eliminator Board" offers an accessible visual approach to clearing negative emotions, it is suggested that the instruction to "relax" be included at the starting point rather than at the top of the board.

Concrete examples, documented research, and more careful editing would likely increase the appeal of *Clear the Path*.

Kristine Morris