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Incorporating new, never-before-published material, Emotional Wellness leads us to understand the roots of our emotions, to react to situations in a way that can teach us more about ourselves and others, and to respond to life’s inevitable ups and downs with far greater confidence and equilibrium. Discover: □ The impact that fear, anger, and jealousy have on our lives □ How emotions like guilt, insecurity, and fear are used to manipulate us □ How to break out of unhealthy responses ...

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