

Emotional Wellness Transforming Fear Anger And Jealousy Into Creative Energy

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Emotional Wellness: Transforming Fear, Anger, and Jealousy ...
Emotional Wellness: Transforming Fear, Anger, and Jealousy Into Creative Energy: Author: Osho: Publisher: Harmony Books, 2007: ISBN: 030733788X, 9780307337887: Length: 293 pages: Subjects

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Emotional Wellness: Transforming Fear, Anger, and Jealousy ...
This book "Emotional Wellness: Transforming Fear, Anger, and Jealousy into Creative Energy" deals with our emotions. Osho shares his unique insights to understand our emotions, and ways leading to our emotional wellness. Brief Summary of the Book: This book has been divided into following three parts - Understanding the Nature of Freedom

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Love is the emotion that manages anger, and Transforming Anger Into Love™ uses love to help heal the outcomes of anger and rage. While the applied principles of this model embody appropriate, essential boundaries, this model does value the presence and expression of transpersonal love in the practitioner or trainer who is modeling the hope that anger can be transformed and that love can be experienced.

Transforming Anger Into Love™ - Emotional Wellness Institute
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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 ...