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- 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 to strong emotions
- How to transform destructive emotions into creative energy
- The role of society and culture on our individual emotional styles

Emotional Wellness Transforming Fear Anger

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Bing: Emotional Wellness Transforming Fear Anger

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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