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Transforming Anger Into Love™ - Emotional Wellness Institute

Home » Wellness » Emotions. ... The amygdala and the direct journey to fear and anger. When emotions begin to take over, you can go from peace to panic, anger, ... We need to opt for acceptance, management, flexibility, transformation, and movement. Let's take a look at what strategies we should apply in these situations:

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What You Can Do When Your Emotions Are Taking Over

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Understanding The Roots Of Jealousy - The Emotions

It is the very unpleasantness of fear, guilt, anxiety, anger and other similar emotions that make them so very essential. It is their unpleasantness that gives them value and makes them “good”. Just as physical pain (which we’re learning is processed by the brain in the same way as emotional pain) is useful precisely because it is ...

Rethinking Feelings - A Powerful Framework for Emotional ...

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Healing Stuck Emotions - Awakening Wellness

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Emotional Wellness by Osho (ebook) - eBooks.com

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.

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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.

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