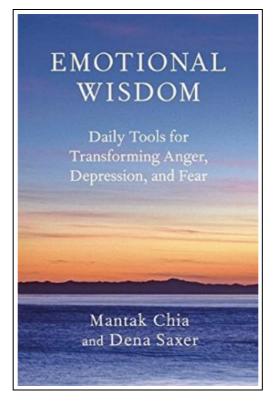
## Emotional Wisdom: Daily Tools for Transforming Anger, Depression, and Fear (Paperback)



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## Reviews

This book is definitely worth buying. This really is for all who statte there had not been a worthy of studying. You will not sense monotony at at any moment of the time (that's what catalogs are for concerning should you check with me).

(Mr. Martin Baumbach)

## EMOTIONAL WISDOM: DAILY TOOLS FOR TRANSFORMING ANGER, DEPRESSION, AND FEAR (PAPERBACK)



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NEW WORLD LIBRARY, United States, 2009. Paperback. Condition: New. Language: English. Brand New Book. A groundbreaking book, Emotional Wisdom reveals powerful ancient tools for transforming our painful emotions into happiness and health. So-called negative emotions are valuable messages that let us know we are out of balance. With compassion and humor, Taoist authors Mantak Chia and Dena Saxer explain the messages that anger, depression, fear, worry, and stress offer us. They present three easy-to-learn twenty-minute internal energy practices, with helpful illustrations, to turn these imbalances into harmony and joy. They provide unusual nutritional advice for emotional healing and a Taoist First Aid section with proven natural remedies for minor ailments such as insomnia, indigestion, headaches, and overeating. Relevant quotes from the Tao Te Ching add inspiration to this practical, life-changing book.



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