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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 ...

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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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Relax, enjoy the way nature has made you.” — Osho, Emotional Wellness: Transforming Fear, Anger, and Jealousy into Creative Energy. 6 likes. Like. “Compare, go on comparing yourself with everybody else you pass by, and a great jealousy will be the outcome. It is the by-product of the conditioning for comparison.

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Emotional Wellness Quotes by Osho - Goodreads

- 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

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