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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 ...

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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 ...

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