# Transforming Eight Deadly Emotions into Healthy Ones (Paperback)



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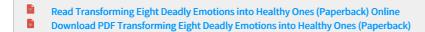
(Kade Ankunding)

# TRANSFORMING EIGHT DEADLY EMOTIONS INTO HEALTHY ONES (PAPERBACK)



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SPCK Publishing, United Kingdom, 2012. Paperback. Condition: New. Language: English. Brand New Book. Negative emotions are a natural response to life s adversities - but they can be experienced in a healthy way. This book looks at eight emotions - anxiety, depression, guilt, shame, hurt, anger, jealousy, and envy - and suggests ways in which they may be used to help rather than harm, even when life doesn t go your way.



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