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8 Tips for Healing Emotional Wounds - Psych Central.com

Emotional Self-healing is when you start transforming these feelings instead of suppressing them or pouring them out into the world.

The sobering reality is that in most of the cases we are not in control of our emotional energies. Many people would object now, saying that they are fully capable of controlling their feelings.

Emotional Self-healing Training - Free-New-You.com

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children's self-esteem, self-image, and body image.

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