

# Emotions: Transforming Anger, Fear And Pain (Sacred Psychology)

Marilyn C. Barrick

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## **Emotions: Transforming Anger, Fear And Pain (Sacred Psychology)**

Marilyn C. Barrick

**Emotions: Transforming Anger, Fear And Pain (Sacred Psychology)** Marilyn C. Barrick Scientists have demonstrated the link between emotional balance and physical and mental well-being. In this book, learn how to release anger, guilt and grief in a healthy way to experience inner joy.



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