

Emotional Repair Kit



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In this "emotional emergency kit" New York Times bestselling author Dr. Judith Orloff offers simple exercises for transforming seven negative emotions into positive thinking and living. Follow the easy-to-use action steps to transform:

- Fear into Courage
- Frustration into Patience
- Loneliness into Connection
- Anxiety into Inner Calm
- Depression into Hope
- Jealousy into Self-Esteem

- Anger into Compassion

作者介绍:

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