



Emotional Fitness: Discovering Our Natural Healing Power

Janice Berger

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In this groundbreaking book, Janice Berger takes us on a fascinating voyage into the very centre of our emotional selves. She reveals how we can engage and cooperate with the natural emotional healing power we all possess in order to lead more fulfilling lives and enjoy more satisfying, vibrant relationships.

Honest, illuminating and free from jargon, *Emotional Fitness* demystifies emotional health and demonstrates clearly how we can live our lives with personal clarity and inner freedom.

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