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Emotions: Freedom from Anger, Jealousy and Fear

By Osho, Osho International Foundation

Osho International. Paperback. Book Condition: new. BRAND NEW, Emotions: Freedom from Anger, Jealousy and Fear, Osho, Osho International Foundation, This book is a simple guide to a better understanding of emotions. Anger, jealousy, and fear are the three big topics of this book, together with some simple meditations to deal with these emotions. The book consist of short quotes and text excerpts, giving the reader unusual and new insights into an understanding of emotions. Our feelings play a profound role in how we feel about ourselves, and they can even affect our physical health. Often we are trapped in the dilemma between "expression" and "repression." Although expressing our emotions can easily scare or hurt others, by repressing them we risk hurting ourselves. Osho offers a third alternative: to understand the roots of our emotions and develop the knack of watching them and learning from them as they arise, rather than being "taken over" by them. Eventually we find that even the most challenging and difficult situations no longer have the power to provoke us and cause us pain.



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Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e ebook. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

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