



How To Be Happy: How To Love Yourself (Positive Thinking Book)

Helena Angel

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Emotions, especially such as fear, anger, disappointment, shock, are different kinds of energy. And you can always catch this negative energy spread by the others. Even if you don't realize it.

All people are emotional sponges but the degree of "being soaked" differs from one person to another. Some can swim freely in a crowd and negative mass without feeling much discomfort. And for the others, this disorder can cause suicide. Empathy - that's our subject matter. Some people "infect" us all with their panic attacks, they spoil our lives, but you have never thought seriously of it.

In terms of energy, negative emotions may have the following reasons.

1. You can feel the pain of the other people as your own.
2. "Common" problems become personally yours. In these cases, empathy, especially in combination with weakness, can lead to severe depression.

Go towards the dream, but don't be taken up. And do not break the harmony of the Universe, sweeping away everything and everyone on your its path, in order to achieve the goal. Act thoughtfully and reasonably, and your wish will come true without fail! Good luck to you!

Here Is A Preview Of What You'll Learn...

- How to Stop Taking Up the Others' Negative
- Breathwork For Quick Stress Release
- Effect of Bad and Good Thoughts on our Mental, Physical and Emotional Health

- How to Block Up the Energy Breach?
- How to Learn to Love Yourself?
- Obtaining Happiness Just Now!
- Bonus! How Your Wishes Come True When Written Down! (Complete collection - save \$2.99)
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Andrew Fogarty:

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Tony Jacobson:

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