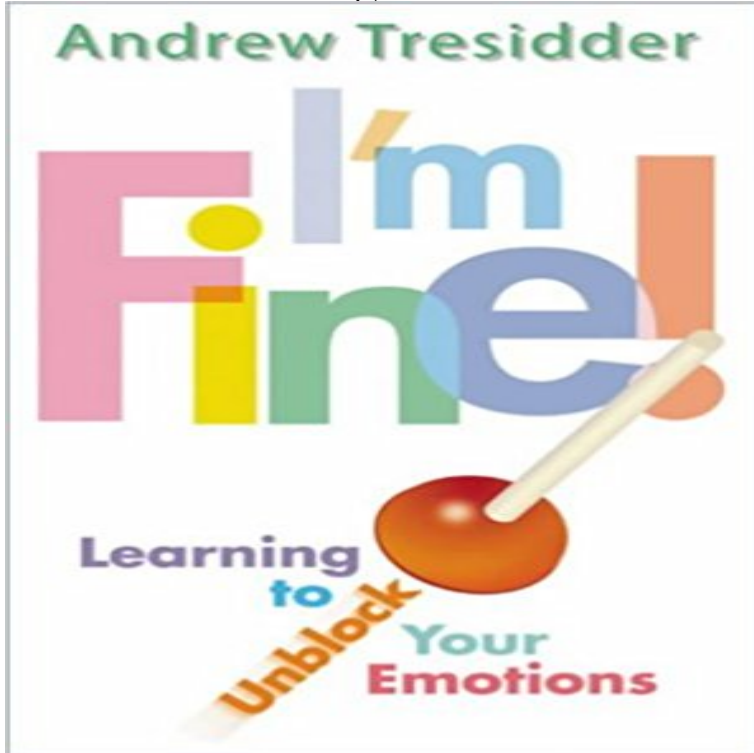


Im Fine!: Learning To Unblock Your Emotions



Life is a journey with lots of experiences. Everything from standing and walking, reading and writing, playing music, riding a bike, using money, working computers, driving a car, eating a meal and everything else in the physical world. At the same time we experience an invisible world of emotions - in fact, every aspect of our lives is coloured by our feelings and emotions. The vast majority of them we manage without problems, but we get stuck on the big ones - and sometimes the small ones. Why? Only because nobody has ever given us a map to guide us, or taught us the skills to use so we don't get stuck! After all, when a child falls off its bike we pick it up and encourage it to have another go! So this book provides the helping hand we all need. It's also about our shadows - those suitcases of unresolved experiences we all carry around with us and what we might find inside them. It's about tools we can use to help us resolve some of the problems we all have. The aim of Im Fine! is quite simply to uplift, inform and inspire the reader to work on one of the most crucial areas of our lives. It's an essential handbook to feeling confident and competent to get the best out of the emotional aspects of life - in short, to achieve emotional well-being in the easiest way possible. Other books by Andrew Tresidder: Lazy Persons Guide to Emotional Healing.

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they've gone through a battle region, however, when the letter achieves its last destination. Here's the reason: lasers use toner which is dropped onto the paper in little raised heaps and afterward gone through a fuser which warms the "heap" at around 400 degrees â€¦ [Read more...] Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals March 12, 2016 By admin Leave a Comment Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals I just kept running into one of my cousins at our nearby bagel shop (breakfast is the best time and place to meet individuals and complete some early morning work). He's a podiatrist (foot specialist) and lets me know the best, best technique he's utilized so far to achieve new potential patients is through regular postal mail. He pursues a particular business sector portion â€¦ [Read more...] Direct Marketing Restaurants ? If I Were Running a Restaurant March 12, 2016 By admin 1 Comment Direct Marketing Restaurants ? If I Were Running a Restaurant On the off chance that I were running an eatery, I'd showcase my business through a few distinct roads. Notwithstanding the customary ? and essential ? neighborhood daily paper publicizing, I'd make a rundown of the living arrangements inside of a 6-piece range of my business. Everybody inside of strolling separation would get a month to month release reporting what I'm doing â€¦ [Read more...] 1 2 3 â€¦ 7 Next Page Â» Search the site ... SEARCH ADS RECENT POSTS Direct Mail ? Your Mailbox is Off Limits! Direct Marketing ? Prospecting ? The Third Mailing is the Kicker Direct Marketing ? Do Not Laser Your Envelopes Direct Marketing ? New Move-In Lists Work Well For Doctors and Professionals Direct Marketing Restaurants ? If I Were Running a Restaurant RECENT COMMENTS Brad on 3 Tips on How Not to Lose a Job Scott on Direct Marketing Restaurants ? If I Were Running a Restaurant ARCHIVES June 2016 March 2016 June 2015 May 2015 April 2015 March 2015 CATEGORIES Ideas Jobs Marketing Money Personal Development Copyright Â© 2016 Â· Entrepreneurs Community

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