

# Meditations for Emotional Healing: Finding Freedom in the Face of Difficulty



Despite our best intentions, we often have trouble dealing effectively with strong emotions. What if you had a conscious, skillful way to respond in times of anger, fear, jealousy, shame, and other powerful emotions? Meditations for Emotional Healing gives us a collection of insights and practices for bringing compassion, clarity, and understanding to our emotional lives-instead of expressing or repressing them in unhealthy ways.

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