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Heal By Letting  
Go Of Grief Using  
Grace Respect  
Intelligence  
Emotion  
Forgiveness Faith  
English Edition  
By Peta Delsonno

Healing After Loss  
Meditation For Grieving  
The Chopra. 9 Healing  
Crystals For Dealing With  
Grief And Bereavement.  
Easy Emotional Healing  
Exercises To Help You  
Restore Your. The Healing  
Power Of Grief Uplift We  
Are One. Grief And The  
Fear Of Letting Go What S  
Your Grief. Creating  
Rituals To Move Through  
Grief Goodtherapy.  
Dealing And Healing From  
Loss And Grief. 42  
Powerful Ways Of Letting  
Go Of Anxiety Toxic  
People. 3 Grief  
Counseling Therapy  
Techniques Amp  
Interventions. A  
Surprising Way To Let Go  
Of Painful Feelings And  
The Past. Grief

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Roadblocks Amp How To Let  
Go Of Tough Emotions  
Grief. When It S Time To  
Let Go Of Grief Global  
Healing Exchange.  
Essential Oils For Grief  
Transitioning And Letting  
Go A. 12 Crystals For  
Grief Stones For Heart  
Healing Amp Letting Go.  
Grieving The Death Of A  
Child Is Often Referred  
To As The. 5 Gentle Ways  
To Stop Grieving And  
Start Letting Go. The  
Lessons Of Grief Heal  
Your Life. How To Deal  
With Grief Emotional  
Healing. Mindfulness Amp  
Meditation For Grief And  
Loss With Scripts. Using  
Art For Healing 7 Ways  
Healing Artwork Can Help.  
Letting Go Is Essential  
In Grief Recovery The  
Grief. 6 Mindful  
Strategies For Recovering  
From Loss Mindful. From  
Grieving To Healing.  
Healing Your Grief After  
Loss 4 Things The Dead  
Want You. Trauma Recovery  
Emotional Healing Let Go  
Of The Past Subliminal  
Messages Theta Binaural  
Beats. The Best Crystals  
Amp Gems For Emotional

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Healing Beadage. Letting Go Of Grief Eases Severe Pain Beyond Affirmations. Healing Is Not Linear 50 Grief Journal Prompts The. Letting Go Of Grief Letting Go Let S Heal The World. Grief Loss Amp Bereavement Psychology Tools. Healing From A Toxic Childhood The Two Words You Need. Navigating Loss Dealing With The Pain And Letting Go. 85 Grief Quotes Celebrating The Life Of Someone Who Passed. 58 Free Your Lungs Of Grief Mir Method. Let Go Of Your Grief Successfully Using Self Hypnosis Udemy. Crystals For Letting Go Of The Past Crystal Vaults. The 10 Best Crystals For Grief Amp Letting Go Beadage. Getting Through Grief And Letting Go Verywell Health. Fiveness Letting Go Of Grudges And Mayo Clinic. What Letting Go Of Loss Truly Means The Grief Toolbox. Heal By Letting Go Of Grief Using Grace Respect. When You Can T Let Go Of Grief Bakken Young Funeral

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Home. Healing Grief In  
The Midst Of A Busy Life  
Wellness. Free Grief  
Courses How To Heal From  
Grief And Loss. 432hz The  
Deepest Healing Let Go Of  
All Negative Energy  
Healing Meditation Music  
432hz. 9 Steps To Healing  
Childhood Trauma As An  
Adult. Coping With Grief  
And Loss Helpguide. How  
To Let Go 12 Tips For  
Letting Go Of The Past

healing after loss meditation for  
grieving the chakra

June 6th, 2020 - tris thorp is one of  
today's leading experts in the field  
of emotional healing having spent the  
last decade traveling the world being  
trained by and sharing the stage with  
dr deepak chopra in the field of  
consciousness and mindfulness based  
practices tris has a real talent for  
integrating the ancient spiritual  
teachings with modern day mindfulness  
to help people all over the world let  
go ' ' **9 HEALING CRYSTALS FOR  
DEALING WITH GRIEF AND  
BEREAVEMENT**

*JUNE 5TH, 2020 - HEALING  
CRYSTALS CAN SUPPORT AND  
STRENGTHEN YOU DURING A  
TIME OF GRIEF PLAY AROUND  
WITH DIFFERENT METHODS TO  
SEE WHICH SUGGESTION  
FEELS RIGHT TO YOU HERE  
ARE SOME OF THE WAYS I  
LIKE TO USE THEM  
MEDITATION IS A LOVELY  
WAY TO GET OUT OF YOUR*

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HEAD AND SPEND TIME ON  
YOUR OWN NEEDS THIS WILL  
HELP YOU TO UNDERSTAND  
YOUR GRIEF AND FIND' **'easy  
emotional healing exercises to help  
you restore your**

June 4th, 2020 - the experience of  
life inevitably leads to an  
accumulation of emotional memories and  
unresolved issues these can sometimes  
lead to negative emotional patterns  
that continue to affect our lives both  
consciously but more often  
unconsciously every emotion we feel  
has an effect on our energy field and  
so ongoing negative thoughts and  
emotions can leave their imprint  
within our subtle energy system'

**'the healing power of  
grief uplift we are one**

June 3rd, 2020 - by  
embracing our grief we  
have the opportunity to  
not only heal our deepest  
wounds but also to tap  
into the creative force  
of those once buried  
emotions from this place  
of openness we have the  
power to take control of  
our own healing journey  
and inspire the world  
around us to do the same'

**'grief and the fear of  
letting go what s your  
grief**

june 5th, 2020 - 91  
responses on grief and  
the fear of letting go  
zuzu may 28 2020 at 6 10  
am reply i have been

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struggling to deal with  
the loss of my brother it  
seems so unfair he was 54  
years old he was arrested  
by police and tortured i  
was working on human  
rights but did not dare  
to support his case he  
filed against torture out  
of the fear for other'

~~'creating rituals to move  
through grief goodtherapy  
June 7th, 2020—creating  
rituals to move through  
grief june 27 2011  
contributed by karla  
helbert ms lpc grief loss  
and bereavement topic  
expert contributor we  
humans like things to  
stay the same'~~

DEALING AND  
HEALING FROM LOSS AND GRIEF  
JUNE 4TH, 2020 - DEALING AND HEALING

FROM LOSS AND GRIEF TRAINING PROVIDED

BY THE NATIVE WELLNESS INSTITUTE

UNABLE TO RELAX LET GO AND HAVE FUN

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**' 42 POWERFUL WAYS OF  
LETTING GO OF ANXIETY  
TOXIC PEOPLE**

*JUNE 6TH, 2020 - THERE IS  
NO EASY QUICK FIX OR FIVE  
STEP SOLUTION FOR LETTING  
GO OF FEELINGS SUCH AS  
ANGER FEAR AND GRIEF  
BECAUSE LETTING GO IS A  
PROCESS IT CAN TAKE A  
WHILE BUT THE GOOD NEWS  
IS THAT LETTING GO IS A  
PROCESS THAT HELPS US TO  
GROW MATURE AND FIND MORE  
HAPPINESS AND INNER  
FREEDOM THAN WE THOUGHT  
EVER POSSIBLE'*

**3 grief  
counseling therapy  
techniques amp  
interventions**

June 7th, 2020 - vitas  
healthcare reminds the  
following techniques for  
providing support and  
assisting the bereaved  
with coping create a  
helping environment by  
finding a quiet private  
place to talk and  
projecting warmth  
interest and respect use  
the past tense use the  
deceased s name and use  
words such as'

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## 'a Surprising Way To Let Go Of Painful Feelings And The Past

June 7th, 2020 - Letting Go Is Essential But It S Not Always Easy To Apply Theory To Practice If You Ve Also Struggled With It Here S Another Approach That Has Helped Me To Truly Let Go And Move On Why Letting Go Is Hard First Of All Everything Is Energy Our Thoughts And Feelings Emit A Vibration And What We Send Out To The World Is What We'

**'grief Roadblocks Amp How To Let Go Of Tough Emotions Grief**

June 7th, 2020 - If Our Grief

Roadblock Was Serving To Maintain A

Sense Of Control In Our Lives Perhaps

The First Step Is To Figure Out How To

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All The Time Letting Go Is Probably One Of The Hardest Things To Do But With Patience And Practice We Can Continue To Find Some Acceptance Of The Idea That We Had No Control ,

**'WHEN IT S TIME TO LET GO OF GRIEF GLOBAL HEALING EXCHANGE**

MAY 14TH, 2020 - IT IS HEALTHY TO LET GO OF GRIEF AND IT IS NOT ALWAYS EAY TO KNOW HOW HERE ARE SOME TIPS FOR YOU TO BEGIN YOUR HEALING JOURNEY TO FREEDOM IT IS HEALTHY TO LET GO OF GRIEF AND IT IS NOT ALWAYS EAY TO KNOW HOW HERE ARE SOME TIPS FOR YOU TO BEGIN YOUR HEALING JOURNEY TO

**FREEDOM' 'essential oils for grief transitioning and letting go a**

june 2nd, 2020 - bergamot orange lemon when to use when you need to inject an uplifting and refreshing approach to life and help heal a dark and heavy feeling the cloud of dread or hopelessness that often is attached to grief these oils are also good for the letting go phase and releasing anxious feelings'

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**' 12 Crystals For Grief Stones For Heart Healing Amp Letting Go**

June 7th, 2020 - Rainbow Moonstone Can Particularly Help With Grief As It Is A Stone Of Joy That Will Balance The Emotional Body And Allow One To Let Go Safely Also A Stone Of Optimism It Can Work Wonders For The Bereaved Rose Quartz Left The Queen Of Love Stones Is A Beautiful And Gentle Crystal That Heals The Heart Of Past And Present Pain It Is Calming And Fills Us With Love ' ~~'grieving The Death~~

~~**Of A Child Is Often Referred To As The**~~

~~June 7th, 2020 — How The Death Of A Child Affects A Marriage Studies Have Shown That The Death And Loss Of A Child Will Not Necessarily Strengthen A Marriage And In Fact The Grief Can Sometimes Lead To Its Demise Each Partner Bees Deeply Involved In His Or Her Own Grief And Is Often Dissatisfied With The Quality Or Depth Of Their Spouse S Grief'~~

**' 5 gentle ways to stop grieving and start letting go**

June 6th, 2020 - 5 gentle ways to stop grieving and start letting go 1 practice the art of so be it you know how you say amen after a prayer

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learning how to stop  
grieving and 2 learn the  
difference between  
grieving and letting go  
grief is the emotional  
pain and suffering you  
feel when you 3'

' the lessons of grief heal your life  
june 2nd, 2020 - life is renewed only  
when held energy can leave our bodies  
often in the form of discharged  
emotion such as the tears of grief or  
the physical shaking of fear letting  
go is initially just this a physical  
exhalation of held energy there s no  
prescription for how long grieving is  
supposed to last '

, how to deal with grief emotional  
healing

June 4th, 2020 - grief likes darkness

small spaces warmth quiet it has its

own sense of time part of the

heaviness of grief can be felt in your

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emphasizing the exhale the letting go of air a grief exercise learning to breathe consciously like this can be very helpful,

**'mindfulness amp meditation for grief and loss with scripts june 7th, 2020 - mindfulness meditation for grief is a very effective remedy to soothing the physical and emotional pain associated with grief here are the best meditation scripts for grief and sorrow'**

***'using Art For Healing 7 Ways Healing Artwork Can Help***

*June 7th, 2020 - In Addition To The Written Guidebook We Also Offer A Unique Audio Program To Help With Grief Coping And Relaxation If You Think An Audio Approach Might Be Helpful Consider This Program I Hope You Ll Try Using Art For Healing It Can Truly Help Soothe Your Soul And Find Ways To Let Go Of Your Grief And Anguish'*

**'letting go is essential in grief recovery the**

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**grief**

April 30th, 2020 - it s  
hard to effectively move  
forward from any kind of  
loss when we re dragging  
around unnecessary  
baggage letting go is  
essential in grief  
recovery in any recovery  
letting go doesn t mean  
you fet your past it  
doesn t mean you are to  
release the love and  
happy memories of your  
special person or what  
you ve lost ' '6 MINDFUL  
STRATEGIES FOR RECOVERING  
FROM LOSS MINDFUL

JUNE 7TH, 2020 - 6  
MINDFUL STRATEGIES FOR  
RECOVERING FROM LOSS  
RONALD ALEXANDER PH D  
SHARES THE STORY OF A  
YOUNG COUPLES JOURNEY TO  
HEALING AFTER THE LOSS OF  
THEIR TWO CHILDREN AND  
OFFERS SIX STRATEGIES FOR  
US TO USE WHEN CONFRONTED  
WITH THE TRAGEDY OF  
LOSS ' 'FROM GRIEVING TO  
HEALING

JUNE 2ND, 2020 - WELE TO  
FROM GRIEVING TO HEALING  
A SAFE HAVEN OF SUPPORT  
FOR MOVING BEYOND LOSS  
AND GRIEF I WAS  
STRUGGLING WITH THE FACT

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OF BEING UNJUSTLY LET GO  
FROM A JOB IN THE GRIEF  
RECOVERY PROGRAM I  
REALIZED THAT IT WASN'T  
SO MUCH THE LOSS OF THE  
JOB THAT WAS DISTURBING  
ME BUT IT WAS MORE SO THE  
FEELINGS OF ABANDONMENT  
THAT THIS LOSS  
HAD' '**healing Your Grief  
After Loss 4 Things The  
Dead Want You**

June 6th, 2020 - Grieving  
Is A Process Give  
Yourself Time To Go  
Through The Stages Of  
Grief Dealing With The  
Loss Of Someone You Love  
Can Be A Long Road There  
S No Short Cut Everyone  
Must Travel Through The  
Steps Of Shock Denial  
Bargaining Anger Guilt  
And Sadness Before  
Arriving At A Place Of  
Acceptance And  
Understanding' '**trauma  
recovery emotional  
healing let go of the  
past subliminal messages  
theta binaural beats**

june 5th, 2020 - trauma  
recovery emotional  
healing let go of the  
past subliminal messages  
theta binaural beats this  
session is designed to

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help you change your life  
by letting go of the past  
and clear the'

'the best crystals amp  
gems for emotional  
healing beadage

June 5th, 2020 - for help  
healing childhood  
emotional wounds try  
manite and rhodochrosite  
you may also be  
interested in crystals  
for grief amp letting go  
note gemstones are not a  
replacement for  
psychotherapy or  
counseling please get  
help when you need it'

' letting go of grief eases severe  
pain beyond affirmations

May 27th, 2020 - letting go of grief

eases severe pain once again it seems

to prove that when we let go of

painful emotions our body can heal

itself without physical manipulation

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or medication scripts for all my meditations are freely available for you to read tap along with or even record, for yourself on this site ' **healing is not linear 50 grief journal prompts the**

June 6th, 2020 - 50 grief journal

prompts for healing grieving with

gratitude and working through journal

prompts really helped me to discover

what i was feeling and why it gave me

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opened my heart to accepting the good with the bad 13 years later i am still learning but writing is an amazing tool that i utilize to

**'letting go of grief  
letting go lets heal the world**

May 26th, 2020 - exercise to heal grief and loss podcast find that lovely space for your body where you won't be interrupted your back is protected your shoulders can gently fall away from your ears your jaw softens and inside your mouth your tongue floats like a pillow'

**'grief loss and bereavement psychology tools**

june 7th, 2020 - grief loss and

bereavement loss and grief are

universal processes and people

ordinarily have the natural capacity

to adjust to their new lives in the

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absence of loved ones however some losses are experienced more profoundly than others they cause greater or more prolonged grieving and such reactions are sometimes described as plicated

'HEALING FROM A TOXIC CHILDHOOD THE TWO WORDS YOU NEED

APRIL 26TH, 2020 - THE FANCY NAME FOR THE KIND OF LETTING GO I M TALKING ABOUT IS GOAL

DISENGAGEMENT THIS ISN T A ONE STEP THING LIKE THE IMAGE THAT ES INTO YOUR MIND WHEN YOU THINK OF THE WORDS LET GO'

'navigating loss dealing with the pain and letting go

June 3rd, 2020 - normal grief is like a roller coaster there are ups and downs moments of pain intermixed with relief if however after the first six months or so there seem to be fewer periods of relief rather than more normal grief may have changed into full blown depression if you think this might be happening at any point please let me know i can help'

~~'85 Grief Quotes Celebrating The Life Of Someone Who Passed~~

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~~June 7th, 2020 — Grief  
Quotes Celebrating The  
Life Of Someone Who  
Passed Away 1 I Don T  
Think Of All The Misery  
But Of All The Beauty  
That Remains Anne Frank 2  
We Need To Grieve The  
Ones We Have Loved And  
Lost In This Lifetime Not  
To Sustain Our Connection  
To Suffering But To  
Sustain Our Connection To  
Love J W 3'~~

**' 58 free your lungs of grief mir  
method**

June 3rd, 2020 - and yes all tissues  
can totally heal again it is a matter  
of letting go of the old stuff old  
emotions old pain old memories and the  
body can restore according to its  
original blueprint there are many  
testimonials worldwide about these  
kinds of miracles good sign that your  
lungs are letting go of the mucous'

**' let go of your grief successfully  
using self hypnosis udeemy**

May 29th, 2020 - find out how hypnosis  
can help you let go of your grief

using the powerful techniques of self

hypnosis visualization imagery and

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can control and manage your emotions 2  
self hypnosis helps you to relax and  
calm down

' **CRYSTALS FOR LETTING GO OF THE PAST**  
**CRYSTAL VAULTS**

JUNE 4TH, 2020 - IN ORDER TO LET GO OF

OUR PAST WE MUST FIRST MANAGE AND DEAL

WITH IT OFTEN TIMES OUR PAST WONâ T

LEAVE US BECAUSE WE HAVENâ T LEFT IT

WE HOLD ON TO THE PAINFUL MEMORIES AND

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THE HEALING RAYS OF LIGHT BLUE COLORED  
CRYSTALS CAN BEGIN TO HELP US LET GO  
OF THE PAST ONCE AND FOR ALL

'the 10 best crystals for  
grief amp letting go  
beadage

June 3rd, 2020 - ideas  
for using your grief amp  
letting go gemstone or  
crystal wear it as a  
necklace or other  
spiritual jewelry or  
carry it in you pocket  
good for everyday ongoing  
support place it in your  
environment good for  
changing the mood in the  
room or supporting  
specific activities like  
focusing'

'getting Through Grief And Letting Go  
Verywell Health

June 6th, 2020 - Once You Ve Shed The  
Heavy Load Of Grief And Embark On Your

New Journey Keep In Mind Five

Important Steps You Must Take Take

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Time To Realize You Are No Longer Responsible For Your Loved One You Must Change Your Way, Of Thinking It S Time To Change Any ' **fiveness letting go of grudges and mayo clinic**

June 7th, 2020 - generally however it involves a decision to let go of resentment and thoughts of revenge the act that hurt or offended you might always be with you but fiveness can lessen its grip on you and help free you from the control of the person who harmed you '

**'what Letting Go Of Loss Truly Means The Grief Toolbox**

June 2nd, 2020 - There Can Be Resistance As Letting Go Is Viewed As Letting Go Of Your Loved One This Misunderstanding Causes People To Stay Stuck In The Pain Of Grief What Is Misunderstood Is That Letting Go Of Loss Actually Means Moving Away From The Pain So That You Are Able To Create A New And Stronger Connection To Your Loved One That Will Support You As '

**'heal by letting go of grief using grace respect**  
may 5th, 2020 - heal by letting go of grief will show you how i discovered relief in my own grieving process by acknowledging

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*the unique ts of grace  
respect intelligence  
emotion fiveness and  
faith how i slowly began  
to allow myself to heal  
and let go of the grip of  
grief and survive it what  
are the benefits of this  
book'*

**, WHEN YOU CAN T LET GO OF GRIEF  
BAKKEN YOUNG FUNERAL HOME**

JUNE 6TH, 2020 - WHEN YOU CAN T LET GO

OF GRIEF FEBRUARY 28 2019 I AM JUST

NOT READY TO HEAL I AM STUCK IN MY

GRIEF I DO NOT WANT TO MOVE ON I WANT

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OF A WIDOW WHO JOINED GROUP THERAPY  
BECAUSE SHE KNEW SHE COULDN T STAY IN  
HER GRIEF FOREVER AND YET SHE WASN T  
READY TO LET IT GO ,

**'healing Grief In The  
Midst Of A Busy Life  
Wellness**

**May 31st, 2020 - For More  
Guidance And Suggestions  
For Using The Sanctuary  
To Grieve Refer To My  
Book Honoring Grief Using  
The Sanctuary The Rhythm  
Of Turning Toward The  
Grief And Then Letting It  
Go Builds Confidence In  
Grieving That Allows Us  
To Grieve Without Feeling  
Overwhelmed It Enables Us  
To Go Deep Enough To  
Heal '**

**' free grief courses how to heal from  
grief amp loss**

june 7th, 2020 - in this class dr

kevin skinner will help you identify

how you re hurting and educate you

with ideas and strategies that you can

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these strategies will lead towards understanding your grief and how you can move through the healing process

**' 432hz the deepest healing let go of all negative energy healing meditation music 432hz**

June 7th, 2020 - 417 hz healing music let go of mental blockages remove negative energy ancient frequency music duration 2 50 14 greenred productions relaxing

music 14 042 763 views 2 50 14

**' 9 Steps To Healing Childhood Trauma As An Adult**

March 28th, 2020 - 9

Steps To Healing Childhood Trauma As An Adult And Thus We Don T Make Negative Meaning Of It And Can Let It Go Soon And Will Help You To Heal Let Your Body Respond The Way It Wants Or'

**' COPING WITH GRIEF AND LOSS HELPGUIDE**

JUNE 7TH, 2020 - YOU CAN TRY TO

SUPPRESS YOUR GRIEF BUT YOU CAN T

AVOID IT FOREVER IN ORDER TO HEAL YOU

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AVOID FEELINGS OF SADNESS AND LOSS  
ONLY PROLONGS THE GRIEVING PROCESS  
UNRESOLVED GRIEF CAN ALSO LEAD TO  
PLICATIONS SUCH AS DEPRESSION ANXIETY  
SUBSTANCE ABUSE AND HEALTH PROBLEMS ,

**'HOW TO LET GO 12 TIPS  
FOR LETTING GO OF THE  
PAST**

**JUNE 7TH, 2020 - FIVENESS  
IS VITAL TO THE HEALING  
PROCESS BECAUSE IT ALLOWS  
YOU TO LET GO OF ANGER  
GUILT SHAME SADNESS OR  
ANY OTHER FEELING YOU MAY  
BE EXPERIENCING AND MOVE  
ON 12 SEEK PROFESSIONAL  
HELP' '**

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