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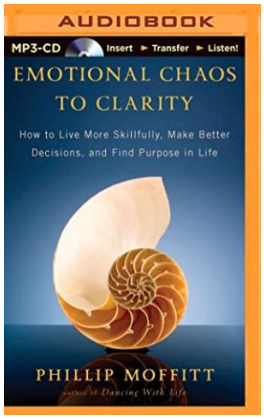
EMOTIONAL CHAOS TO CLARITY: HOW TO LIVE MORE SKILLFULLY, MAKE BETTER DECISIONS, AND FIND PURPOSE IN LIFE



BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Despite our best-laid plans, life can often be difficult, disappointing, and stressful. Consequently, when things don t go right, we are often left in a state of emotional chaos, dealing with feelings like anger, anxiety, frustration, and doubt, which can cloud our perspective and negatively affect the way we live our lives. But in this inspiring audiobook, Phillip Moffitt shows us...

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- Authored by Phillip Moffitt
- Released at 2015

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