



Trapped Emotions: How Are They Affecting Your Life?

Oliver JR Cooper

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• Do you constantly feel tired, heavy or sluggish? • Is your behaviour reactive and out of your control? •

When your relationships come to an end, do you end up feeling abandoned or even suicidal? • Do you find that no matter how hard you try to let go, it just doesn't work? • Has anxiety taken over your life? • Do you find that no matter how hard you try to be present, it just never works? If you answered yes to any of these questions, you could be carrying trapped emotions in your body. Trapped Emotions – How Are They Affecting Your Life? Looks into what can happen when someone has trapped emotions in their body.

Emotions are often overlooked in today's world and this can lead to all kinds of problems. Having reactive or compulsive behaviour, dysfunctional relationships and experiencing physical pain can all be a sign that someone has trapped emotions in their body. This book covers over fifty different ways in which trapped emotions can negatively affect someone's life: from behaviour to relationships, to depression and anxiety and many other areas.



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Keith Cochran:

Spent a free time and energy to be fun activity to perform! A lot of people spent their spare time with their family, or their very own friends. Usually they carrying out activity like watching television, gonna beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could possibly be reading a book is usually option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the reserve untitled Trapped Emotions: How Are They Affecting Your Life? can be very good book to read. May be it can be best activity to you.

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