

# EMOTIONAL WELLNESS FOR WOMEN VOLUME 1

**Twenty-five coaches, consultants, and professionals share powerful tips about living a peaceful life, forgiveness, and self-healing.**



**Emotions & The Aging Parent ~ Forgiving Self & Others  
Charting Your Life Map ~ Living a Joyful Life ~ Overcoming Envy  
Negativism vs. Positivism: What Are You Attracting?**

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