

## DIY Emotional healing notebook: Guidance through every emotion which you can experience

Irena Pusnik



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## **DIY Emotional healing notebook: Guidance through every emotion which you can experience** Irena Pusnik

Nobody can heal you better than you. There is no therapist out there that can be with you 24 hours. So love yourself and know yourself. Other therapist are with you as long as session lasts (an hour or two) and then what? Love yourself. Be your best friend. Pamper yourself. Be your best therapist. Choose the bright side of life. This book has a mission to teach you exactly that: Self healing and self love forever. In this life and after this life. Always. You are light. Irena Pušnik with love

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