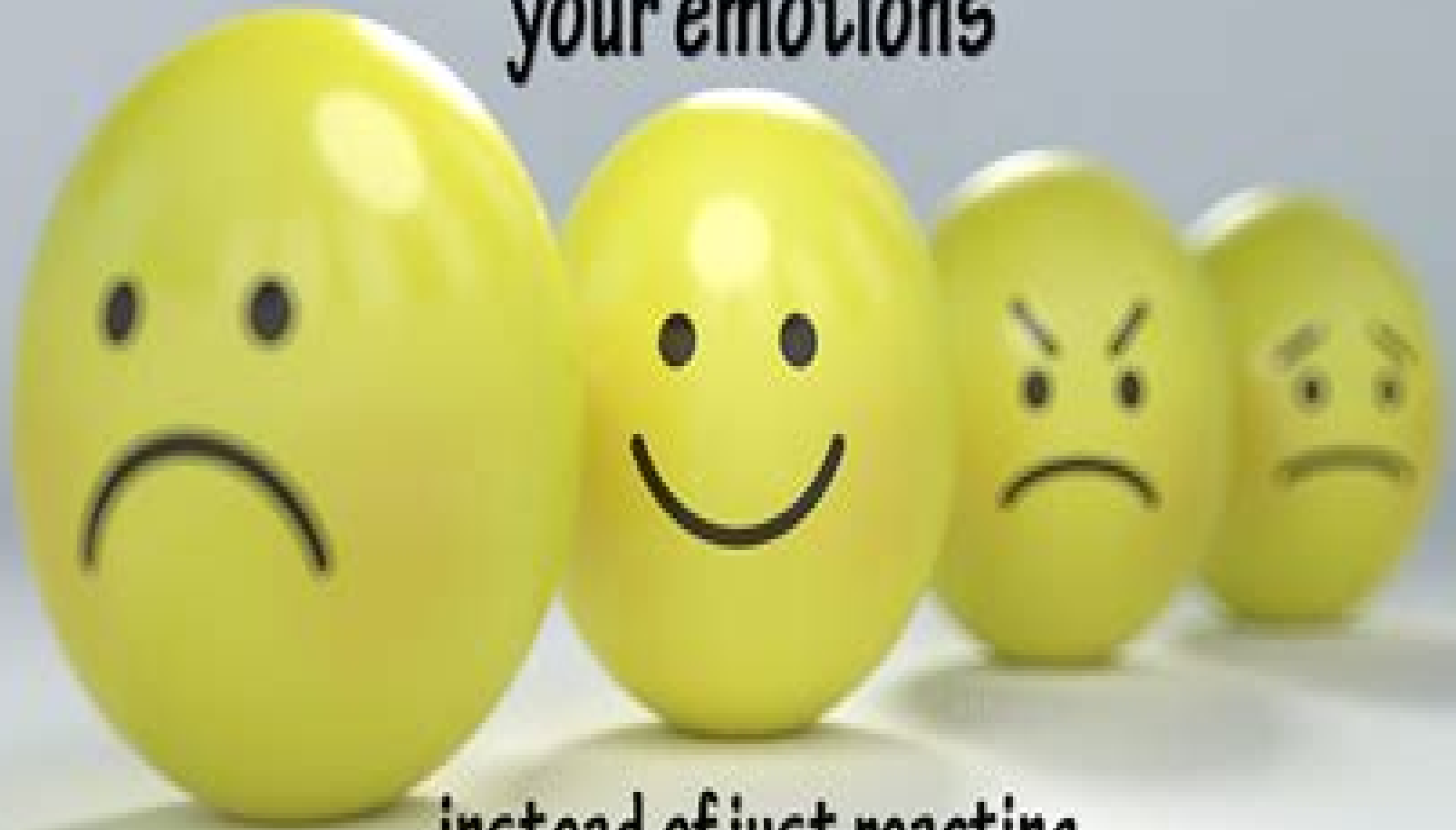


Understand  
your emotions



instead of just reacting

# Knowing Your Emotions

**Michael Hoelscher**



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