

GROWING YOURSELF BACK UP

UNDERSTANDING
EMOTIONAL REGRESSION

HOW DO YOU ACT WHEN:

- YOUR BOSS CALLS YOU INTO HIS OFFICE?
- YOUR HUSBAND OR WIFE CRITICIZES YOU?
- YOU HAVE TO END A RELATIONSHIP?
- YOU GET CAUGHT IN A LIE?

HOW WOULD YOU LIKE TO ACT?

JOHN LEE

READ BY BJ HARRISON



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