



Clarity: Ten Proven Strategies to Transform Your Life

Diane Altomare

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When was the last time you sat down and actually paid attention to your feelings? When emotions are repressed, they build up and can eventually explode. In *Clarity: Ten Proven Strategies to Transform Your Life* Diane Altomare will show you that emotions aren't an enemy to be fought against—they are messages leading you to a happier, healthier you.

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