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What You Feel You Can Heal: A Guide for Enriching ...

What You Feel You Can Heal: A Guide for Enriching Relationships by John Gray, Ph.D. . What You Feel You Can Heal was John Gray's first book to give real insight into understanding human emotion and interpersonal dynamics. The main premise of the book is that your repressed emotions block the flow of love into your life.

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Broken Bone Pictures: Signs Your Broken Bone Is Healing

What You Feel You Can Heal: A Guide for Enriching Relationships by John Gray, Ph.D. What You Feel You Can Heal was John Gray's first book to give real insight into understanding human emotion and interpersonal dynamics. The main premise of the book is that your repressed emotions block the flow of love into your life.

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You can't really expand into love (in the way I have defined this term in my new book, Expanding into Love)*, if you are not willing to open up to the full range of your feelings. The goal is to allow yourself to feel all your feelings no matter what they are.

John Gray, Ph.D. - What You Feel You Can Heal - Book

When you are ready to feel it, you can heal it. The question is- Are you ready? This entry was posted in Healing and tagged awareness , diseases , emotional body , emotional pain , emotions , express yourself , feel , feel it to heal it , feeling , Healing , heart , trauma on April 12, 2016 by neem005@msn.com .

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What You Feel You Can Heal This guide discusses the idea of finding Feel ings that have been lost, and regaining the respect and love for yourself that is a necessary pre-requisite to giving and receiving love from others, in sexual and other relationships.