

***From Hurt To Happiness Emotional Rescue The Ground Up Mike  
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From Hurt to Happiness is a fantastic book and I would like to recommend it to every of you currently in a relationship or who are frustrated and disappointed of relationships . When I started to read it, I couldn't stop to reading, cover to cover.

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Mike Van is the author of From Hurt to Happiness (4.29 avg rating, 75 ratings, 20 reviews, published 2013) and From Hurt to Happiness . By Mr Mike Van From Hurt to Happiness: Emotional Rescue from the Ground Up (1st Frist Edition) [Paperback] on Amazon.com. \*FREE\* shipping on qualifying offers.

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Second, happiness has a time and a place, and one must be mindful about the context or situation in which one experiences happiness. Third, it is important to strike an emotional balance. One cannot experience happiness at the cost or expense of negative emotions, such as sadness or anger or guilt.

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After a major break up or a death of a loved one, you may feel so upset that it hurts. You experience gut-wrenching heartache and pain as you try to work through your feelings. There are many descriptions in literature and popular culture about the pain in your heart or chest when you are sad.

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I was in so much pain, I wanted nothing more than to get rid of it. So I did. But the only way to heal emotional pain quickly is by running away from it. And I knew that wasn't something I could do. One of the main messages in my breathwork teaching is to feel everything—even when it's excruciating. But I was so TIRED of feeling the pain.

## **From Hurt To Happiness Emotional Rescue The Ground Up Mike Van**

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