# how to develop emotional health school of life oliver iames

#emotional health development #school of life emotional intelligence #oliver james mental well-being #personal emotional growth strategies #resilience building techniques

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## How to Develop Emotional Health

Bibliographic information; Authors, Oliver James, Campus London LTD (The School of Life); Publisher, Pan Macmillan, 2014; ISBN, 1447258819, 9781447258810; Length, 160 pages; Subjects. Self-Help. Personal Growth. > Happiness - Philosophy / General - Psychology / Emotions - Self-Help / Personal Growth / Happiness.

## How to Develop Emotional Health

How to understand the role the past plays in your present and live a fulfilling, emotionally healthy life. Format: Paperback Published: in UK in 2014. Publisher: Pan Macmillan Pages: 160. Language: English ISBN 13: 9780230771710. ISBN 10: 0230771718. Default Title. Default Title - €12,95. Order Here. Thanks you!

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