



The Power of Negative Thinking: Coming to Terms with our Forbidden Emotions

Gerald, Ph.D Amada

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Although society encourages us to deny and repress such negative emotions as rage and resentment, psychiatrists know that such denial can lead to a variety of psychological, physical, and social problems. In this bold book, Gerald Amada reveals how our forbidden emotions, if properly understood and accepted, can actually be transformed into behavior that is both personally fulfilling and socially constructive.

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