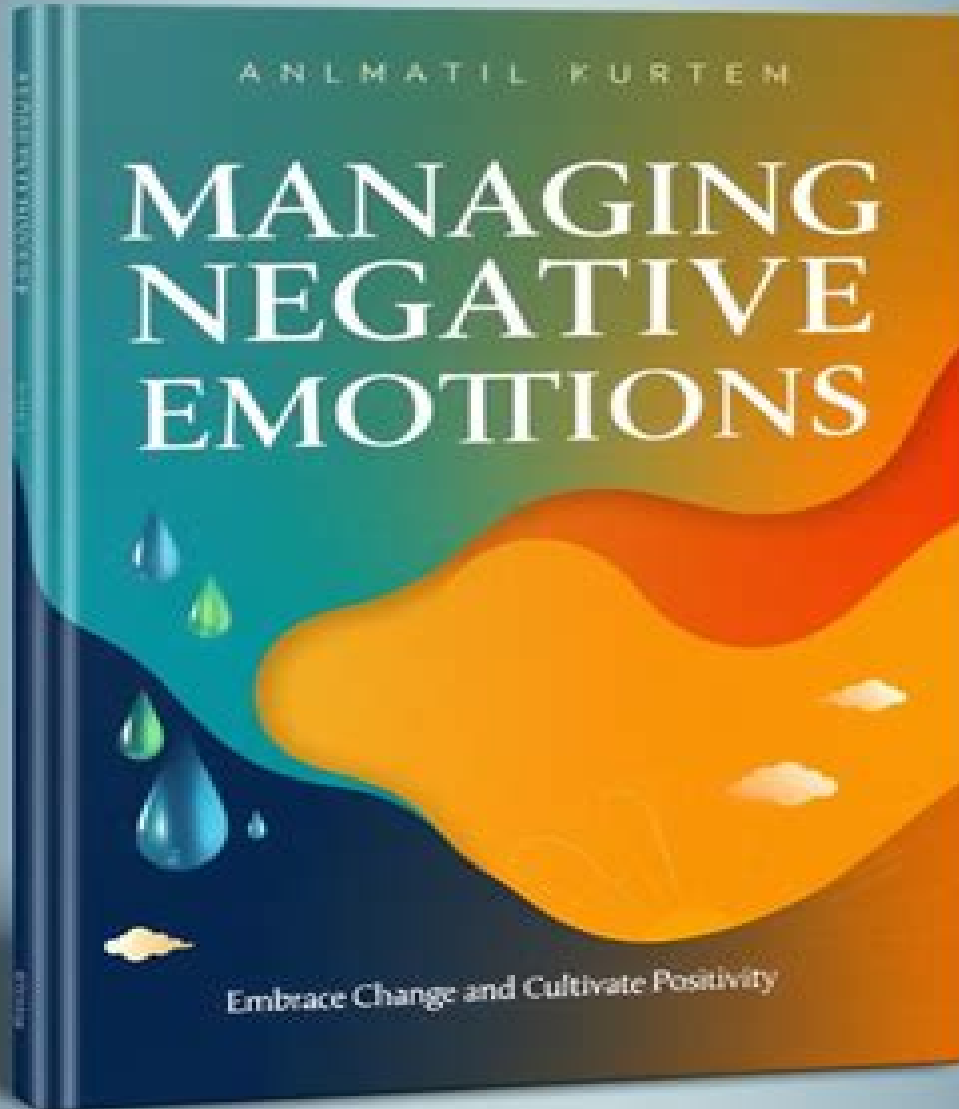


ANIL MATIL KURTEM

# MANAGING NEGATIVE EMOTIONS

Embrace Change and Cultivate Positivity



# Managing Negative Emotions Perversion

**Stanley J. Coen**



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