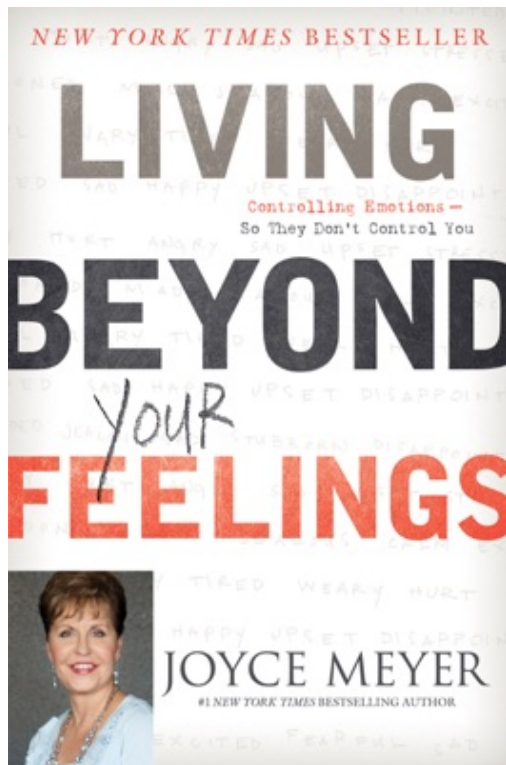


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The average person has 70,000 thoughts every day, and many of those thoughts trigger a corresponding emotion. No wonder so many of us often feel like we're controlled by our emotions. Our lives would be much improved if we controlled *them*.

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título	:	Living Beyond Your Feelings
Autor	:	Joyce Meyer
Category	:	Christianity
Published	:	Sep 06, 2011
Publisher	:	FaithWords
Seller	:	Hachette Digital, Inc.
Print Length	:	288 Pages
Size	:	1.72MB

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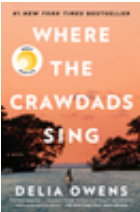
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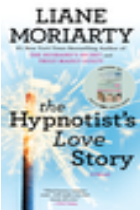
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