

Release resentment and anger regularly after allowing yourself to feel these emotions fully. Do this



by saying, "I now forgive and release [fill in the blank].

I let loose and let go, and I am free." Once you begin, you'll find more and more things to release. This practice is a powerful way to rejuvenate your body and your life.

January 31

Release Anger And Resentment Free Yourself From The Pastcreate A Positive Future Cab

J Elliott



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