



# EMOZIONATI

Percorso Emotivo – Edizione Deluxe



# Le Emozioni

Le emozioni sono segnali interni profondi...

# I Bisogni

I bisogni fondamentali guidano il nostro benessere.

# Le Relazioni

Le relazioni influenzano profondamente il nostro equilibrio.

# La Finestra di Tolleranza

Il nostro sistema nervoso alterna stati di attivazione e calma...

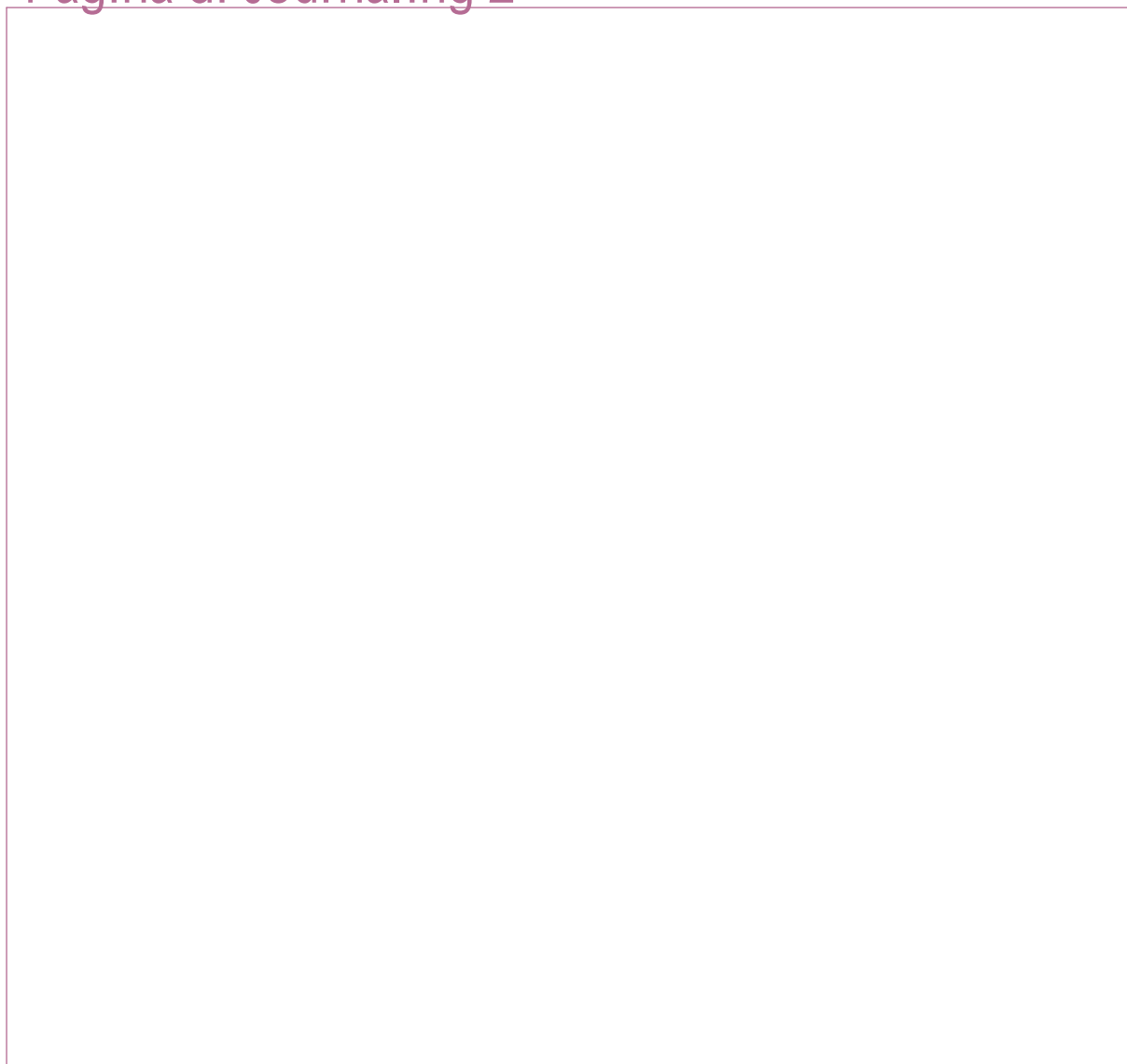
# Comunicazione dei Bisogni

Esprimere ciò che sentiamo è fondamentale per stare bene.

## Pagina di Journaling 1

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## Pagina di Journaling 2

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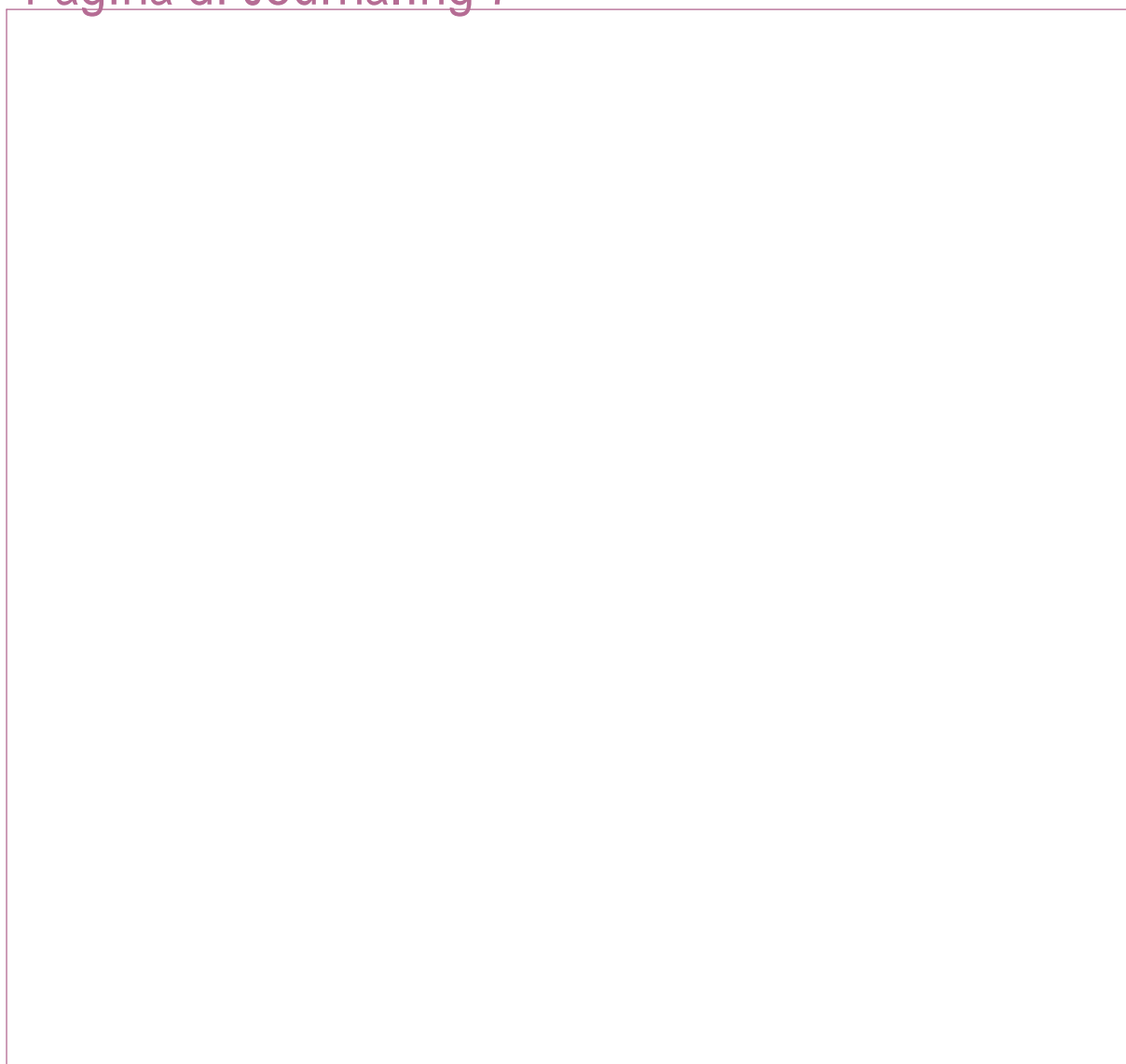
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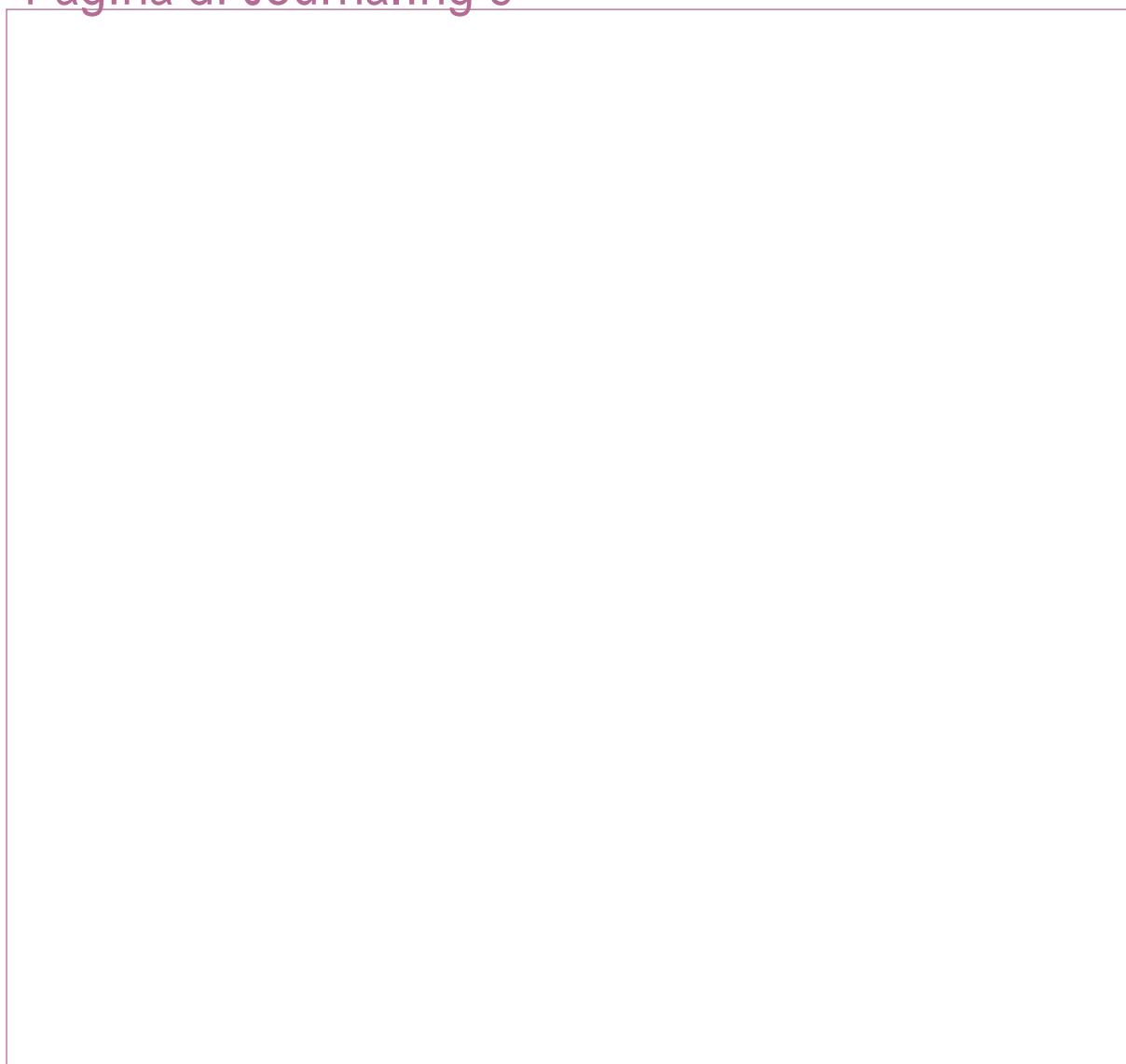
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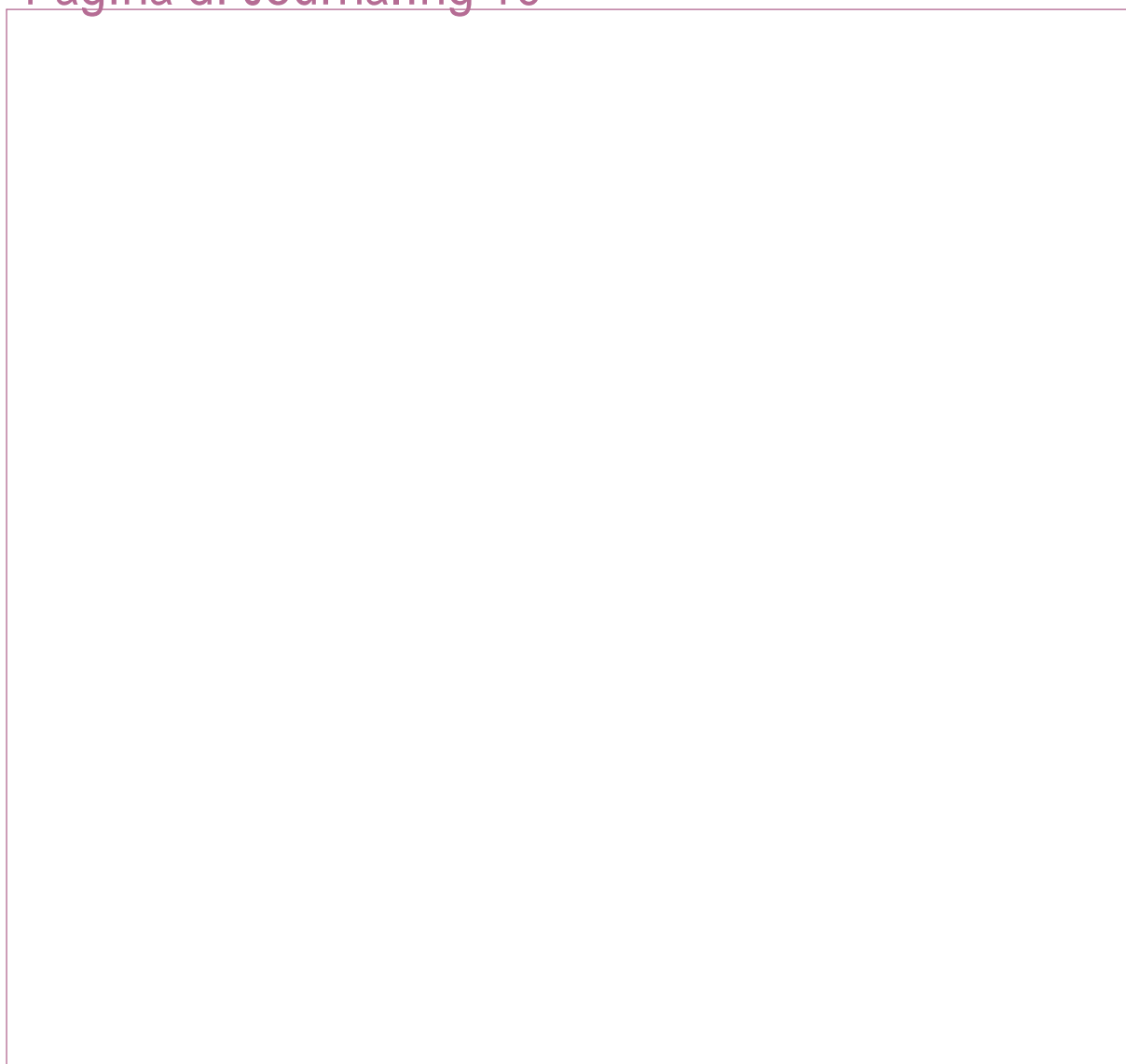
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