

SELF-CARE IS NOT AN ACT OF SELFISHNESS, IT
IS AN ACT OF CONSCIOUSNESS

- JENNY FLORENCE



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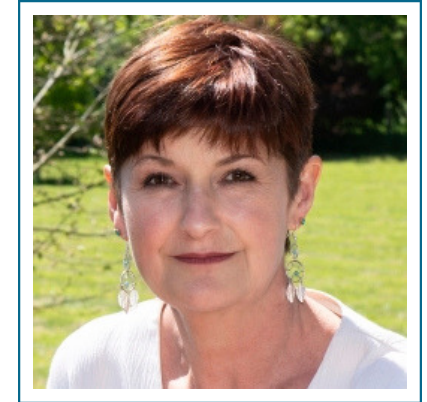


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About Jenny Florence

I am the Founder of the A-Z of Emotional Health on-line Library which is a Free Public Resource dedicated to promoting Emotional Health and Wellness. I am the Author of two #1 International Bestselling books, "7 Steps to Spiritual Empathy" and "Mindfulness Meets Emotional Awareness". I am also a Huffington Post blogger and contributor.



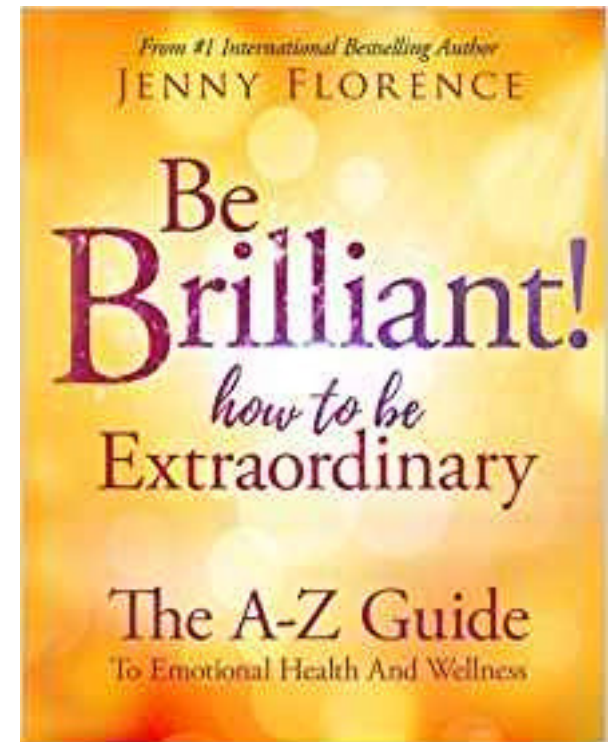
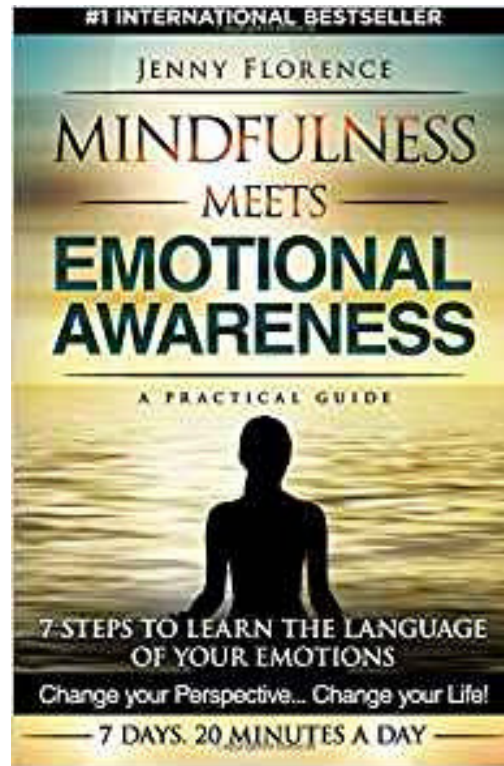
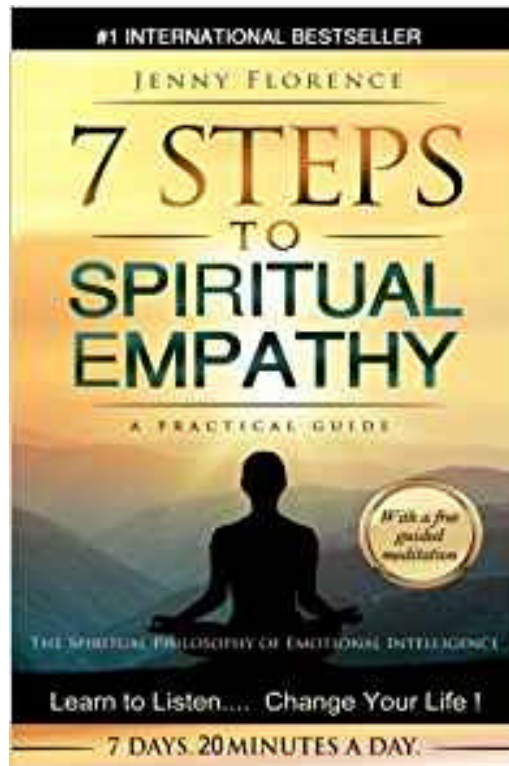
Having previously worked in Private Practise as a UK Accredited Counsellor for over 26 years, I have chosen to take a career change and speaking to raise the awareness of emotional literacy.

I speak and write about the role of emotions and the complex psychological principles that underpin our therapeutic work in a language that is accessible to both professionals and lay people alike, combining the knowledge of emotional intelligence with practical and pragmatic support.

(Scroll down for contact details)

Reading

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FREE Online Library

The A to Z of Emotional Health



Click the image above to learn more about Jenny's Library

www.azemotionalhealth.com

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