

What to do When You Get the Bejeebers Scared Out of You: A Bejeeber Maintenance Manual (Emotatudes) (Volume 1)

Karen White Porter

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have you ever had the bejeebers scared out of you? What happened to you that scared you so? Do you remember what you did that made you feel safe and secure? Have your parents ever had the bejeebers scared out of them? How did they deal with that situation? what made them safe and secure? This book will explain how bejeebers are inside each of us. If you get scared by what life brings your way, this book will give you ways to repair that hollow fearful empty feeling you get when scared. You will learn positive techniques to limit bejeeber loss and learn how to maintain them as well as welcome back ones you have lost.



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