Video: How negative emotions arise and what problems they create

A few years ago I wrote a book “The open subconscious. How to influence yourself and others”. In it I talked about the mechanism of creation of emotions. Then I made a video but forgot to post it on your website. I now correct that error. If you are interested in this topic, read the article Effective Forgiving – it is located below.

Offer to watch the video “Why good emotions go, but negative – remain”.