



60 minutes LEARNING COURSE

12 Topics Of Learning

1. How to overcome **DEPRESSION** ?
2. How to control your **ANGER** ?
3. Understand the meaning of
TRUE LOVE ?
4. How to stop being **LAZY** ?
5. How to stay **CALM** during
difficult times ?
6. How to overcome **LONELINESS** ?

we share, we grow





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7. How to always stay **POSITIVE** ?
8. How to deal with **REJECTIONS** in life ?
9. How to get relief from **ANXIOUSNESS** ?
10. How to learn the art of
FORGIVENESS ?
11. How to be **HAPPY** and **JOYFUL** in life ?
12. How to become a good
COMMUNICATOR ?

we share, we grow





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To join, email us on
contact@shareandgrow.in
& also share your contact details
in the email.



Share And Grow Initiative



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