You must have to know how your emotions are harming you

Anger : Weakens the Liver
Grief : Weakens the Lung
Worry : Weakens the Stomach
Stress : Weakens the Heart and brain
Fear : Weakens the Kidney

Pass from all these and you will be well & Healthy.

So Stay Happy, Healthy & fit!, Think good, Feel good, Do good, Help to needy, Save Mother Nature & Humanity
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