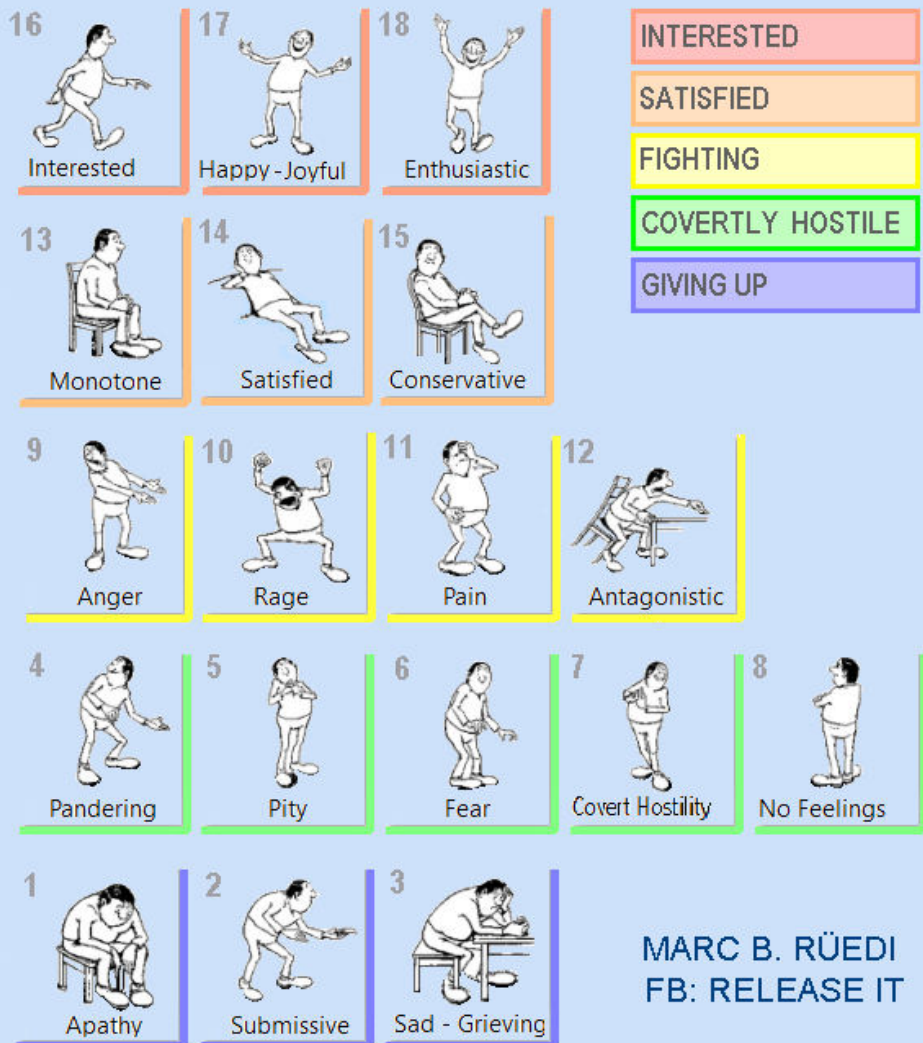


# A TABLE OF EMOTIONS

From 'apathetic' to 'enthusiastic' -  
- a simple 5 level Scale of Emotions



MARC B. RÜEDI  
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## SCIENCE OF RELEASING