## **Emotional Flooding Guided Audio**

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These series of emotional floods guide you through a process designed to get you supercharged with positive emotions. The first flood is designed to isolate positive emotions from events in the past, and the second flood is designed for you to take a trip into your future. Each recording is between 8-14 minutes long. They are in mp3 format when unzipped. Start your days by listening to these and give yourself the most amazing surge of emotions to power through your day!

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