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'Feel Good 101' by Emma Blackery, is a book that tells you from the get-go that it won't change your life but that it might help you to do it yourself but did it? The marketing for this book makes it seem like a "self-help/advice book" but doesn't stick to that title or genre, it basically being an autobiography of Emma Blackery's life with the occasional life lesson morals.

### **Feel Good 101 by Emma Blackery**

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In FEEL GOOD 101, YouTube's most outspoken star Emma Blackery is finally putting pen to paper to (over)share all her hard-learned life lessons. From standing up to bullies and bad bosses to embracing body confidence and making peace with her brain, Emma speaks with her trademark honesty about the issues she's faced - including her struggles with anxiety and depression.

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### **feel-good-101-the-outsiders-guide-to-a-happier-life**

Throughout the day I make a conscious effort to utilize these feel-good words when having conversations with others, as they appear to have the same effects on others as they do on me. I compiled this handy list of 101 feel-good words (complete list is below) that can be used in a number of different situations.

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