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Feel Good 101 started off as a series on Emma's channel off When Emma made a video expressing her distaste for a number of YouTubers signing book deals, it was a relief to see a big content creator breaking what had almost become a norm.

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. This is the book Emma ...

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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. This is the book Emma ...

Feel Good 101: The Outsiders' Guide To A Happier Life

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