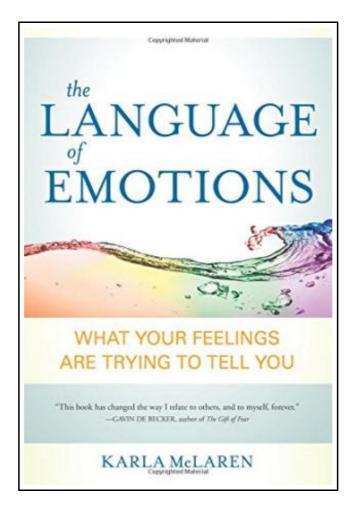
The Language of Emotions: What Your Feelings are Trying to Tell You (Paperback)



Filesize: 3.58 MB

Reviews

Very beneficial to any or all class of individuals. It is rally interesting through looking at time. You will not feel monotony at at any time of your time (that's what catalogs are for concerning in the event you question me).

(Dr. Dallas Reinger IV)

THE LANGUAGE OF EMOTIONS: WHAT YOUR FEELINGS ARE TRYING TO TELL YOU (PAPERBACK)



To save The Language of Emotions: What Your Feelings are Trying to Tell You (Paperback) eBook, you should click the web link listed below and download the file or have access to other information which are in conjuction with THE LANGUAGE OF EMOTIONS: WHAT YOUR FEELINGS ARE TRYING TO TELL YOU (PAPERBACK) ebook.

SOUNDS TRUE INC, United States, 2010. Paperback. Book Condition: New. 226 x 152 mm. Language: English. Brand New Book. Your emotions contain brilliant information. When you learn to welcome them as your allies, they can reveal creative solutions to any situation. For 35 years, empathic counselor and researcher Karla McLaren has developed a set of practical tools for the real-world stresses of family, career, and the quest for personal fulfillment. In The Language of Emotions, she presents her breakthrough teachings for a new and empowering relationship with your feeling states. Your emotions--especially the dark and dishonored ones-hold a tremendous amount of energy. We ve all seen what happens when we repress or blindly express them. However, there is a powerful alternative. In The Language of Emotions, you ll learn to meet your emotions and engage with them to safely move toward resolution and equilibrium. Through experiential exercises covering a full spectrum of feelings from anger, fear, and shame to jealousy, grief, joy, and more, you will discover how to work with your own and others emotions with fluency and expertise. When we relate to our emotions with respect and authenticity, we can directly access our innermost wisdom, unfold the deepest parts of ourselves, and heal our most painful wounds. The Language of Emotions gives us a much-needed resource for selfunderstanding and freedom: How to overcome addictions, distractions, and unresolved trauma--the three primary impediments to emotional ease Using the energy of anger to protect and restore personal boundaries Step-by-step guidance in the five skills of the empath (someone skilled in reading emotions) How to balance your quaternity a metaphor for the interplay of mind, body, spirit, and emotions Honoring sadness as a source of release and rejuvenation Joy, the natural response to beauty and communion Contents Part I: Restoring Your...

- Read The Language of Emotions: What Your Feelings are Trying to Tell You (Paperback) Online
- Download PDF The Language of Emotions: What Your Feelings are Trying to Tell You (Paperback)

See Also



[PDF] History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)

Follow the web link listed below to download and read "History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)" file.

Read Book »



[PDF] From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)

Follow the web link listed below to download and read "From Kristallnacht to Israel: A Holocaust Survivor's Journey (Paperback)" file.

Read Book »



[PDF] Chicken Licken - Read it Yourself with Ladybird: Level 2 (Paperback)

Follow the web link listed below to download and read "Chicken Licken - Read it Yourself with Ladybird: Level 2 (Paperback)" file.

Read Book »



[PDF] Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Follow the web link listed below to download and read "Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)" file.

Read Book »



[PDF] The Village Watch-Tower (Dodo Press) (Paperback)

Follow the web link listed below to download and read "The Village Watch-Tower (Dodo Press) (Paperback)" file.

Read Book »



[PDF] Polly Oliver's Problem: A Story for Girls (Paperback)

Follow the web link listed below to download and read "Polly Oliver's Problem: A Story for Girls (Paperback)" file.

Read Book »