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Getting Started: The Power to Choose How You Feel Motto Notes; Index;
About the Author

Sommario/riassunto

This realistic guide to living and working with a sense of pleasure and empowerment stresses taking responsibility for feelings, doing things now that will fill an emotional reservoir for later use, reacting to emotionally challenging situations in balanced ways, and making choices to effectively deal with challenges as they arise. A five-step Emotional Discipline process helps readers identify the cause of emotional upset; focus on their body to analyze what they are feeling; focus on their mind, identifying thoughts and the beliefs that are driving them; and choose and apply an emotional dis
