

1. Record Nr.	UNINA9910955144603321
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Titolo	Emotional discipline : the power to choose how you feel : 5 life changing steps to feeling better every day / / Charles C. Manz
Pubbl/distr/stampa	San Francisco, : Berrett-Koehler, c2003
ISBN	1-282-29967-0 9786612299674 1-57675-962-8
Edizione	[1st edition]
Descrizione fisica	1 online resource (255 p.)
Collana	0
Disciplina	152.4
Soggetti	Emotions Emotional intelligence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 216-223) and index.
Nota di contenuto	Contents; Preface; Introduction: Discovering the Power of Emotional Discipline; Part One - Emotional Discipline Foundations; 1. Create Your Emotional Discipline Process; 2. Learn the Key Characteristics of Emotional Discipline; 3. Choose the Meaning of Your Feelings; 4. Increase Your Emotional Intelligence (EQ); 5. Feel Your Feelings; 6. Emotional Kung Fu; 7. Weather Emotional Storms; Part Two - Mind; 8. Happiness Is a Choice; 9. Meditate for a Better Life; 10. Mental Reframing; 11. Direct Your Inner Theater; 12. Think and Grow Richly Alive; 13. The Manifesting Power of Positive Thinking Other Mind-Centered Emotional Discipline Choices Part Three - Body; 14. Breathe with Healthful Discipline; 15. Enhance Your Emotional Fitness Through Physical Fitness; 16. Inner Jogging: Music and Laughter; 17. Body Work 101: Massage and Beyond; 18. Body Work 102: Tai Chi Movement and More; 19. Flow with Balance; Other Body-Centered Emotional Discipline Choices; Part Four - Spirit; 20. The Power of Silence; 21. The Drama of Subtlety; 22. The Power of Purpose; 23. Have an Out-of-Ego Experience; 24. What About Love?; 25. Get a Life, with Spirit; Other Spirit-Centered Emotional Discipline Choices 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
