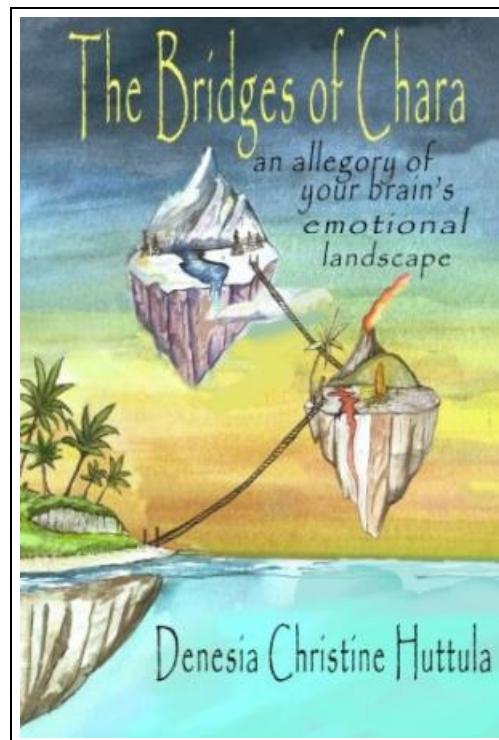


The Bridges of Chara: An Allegory of Your Brain s Emotional Landscape (Paperback)



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THE BRIDGES OF CHARA: AN ALLEGORY OF YOUR BRAIN S EMOTIONAL LANDSCAPE (PAPERBACK)



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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Bridges of Chara: an allegory of your brain s emotional landscape is a story about a young woman who winds up on the island of Chara. Chara is the Greek name for Joy, and everything on Chara feels like joy. She soon discovers that there are other islands nearby that she must learn to travel to- islands like fear, anger, sadness, disgust, and hopeless despair. She quickly discovers that these are important, valuable places to visit, but they are not good places to call home! Journey with her and discover life on Chara, life stuck and stranded away from Chara, and finally how to build bridges back to Chara and make a home there! Includes 6 weekly small group discussions and a scientific breakdown in the back for those that want to know more. Back Cover Text: Do you long for a life that feels even and smooth? Do you get tired of the rollercoaster of emotions that you or your loved ones seem to be on? Do you have children that seem to struggle constantly with negative emotions? Do you wonder why some people seem to have an easier time at finding joy and peace? In The Bridges of Chara- an allegory of your brain s emotional landscape, life coach Denesia Huttula presents a story that will open your eyes to truths about your brain and emotions that will change you from the inside out. As you read, you will: Be transported into an imaginary land that will help you grasp emotions like never before. Escape the confusion of emotional outbursts by understanding what the brain needs to process feelings effectively, both big and small. Recognize the places in your life...



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