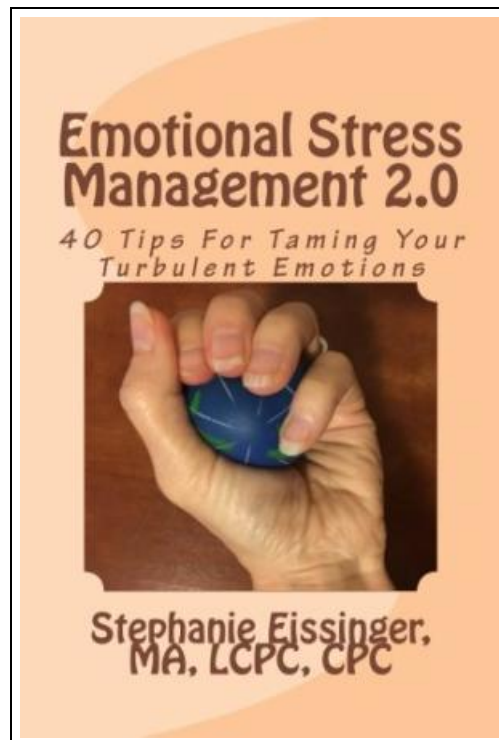


Emotional Stress Management 2.0: 40 Tips for Taming Your Turbulent Emotions (Paperback)



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Reviews

This ebook is fantastic. It is actually written in straightforward terms rather than hard to understand. It's been designed in an extremely straightforward way and it is merely soon after I finished reading through this ebook through which in fact modified me, altered the way I really believe.

(Justice Wilderman)

EMOTIONAL STRESS MANAGEMENT 2.0: 40 TIPS FOR TAMING YOUR TURBULENT EMOTIONS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Tame Your Turbulent Emotions and Get Your Peace Back Intense negative emotions create stress. The emotions, themselves, are not the problem. Rather, it s how individuals interpret and react to their emotions and their circumstances that is the determining factor in the amount of stress they experience. The ability to cope in a healthy manner is dependent on the person s response to uncomfortable emotions. Stress is generated by how they think and feel about events, their situation, and themselves. Your capacity to successfully manage and/or let go of negative emotions is a key factor in mitigating how stress impacts you emotionally, mentally, and physically. This second book in the Stress Management 2.0 series is an essential resource of 40 effective tips to relieve stress and increase emotional intelligence. The strategies are a guide to: -de-clutter inner closet space by releasing toxic emotions that have been held on to from the past- manage strong negative emotions when they emerge in the present, preventing them from taking up too much internal space - savor positive and joyful emotions, becoming more resilient to life s ups and downs- proactively generate more positive emotions Read it cover to cover or skip directly to the strategies that target the emotions that are causing you the most distress. Life will continue to present you with challenges. The Stress Management 2.0 series provides you with powerful tools with which to face those challenges calmly and confidently. If you want to emotionally, mentally, and physically de-stress your life, then you ll love this series. Buy this book and take control of your emotional life!.



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