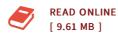




Language of Emotions: What Your Feelings are Trying to Tell You (Paperback)

By Karla McLaren

SOUNDS TRUE INC, United States, 2010. Paperback. Condition: New. 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 Il 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...



Reviews

This publication will never be effortless to get started on reading through but very entertaining to read through. It normally is not going to expense too much. I discovered this publication from my dad and i encouraged this book to find out.

-- Otilia Schinner

It in a of my personal favorite book. This is certainly for anyone who statte there had not been a worth studying. I found out this ebook from my i and dad advised this pdf to learn.

-- Delphine Lebsack