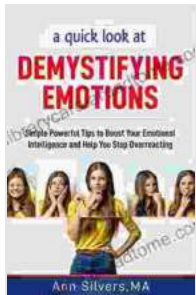


Quick Look At Demystifying Emotions



A quick look at Demystifying Emotions: Simple Powerful Tips to Boost Your Emotional Intelligence and Help You Stop Overreacting by Ann Silvers

★★★★☆ 4 out of 5

Language : English
File size : 2158 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 45 pages
Lending : Enabled
Screen Reader : Supported



Are you tired of feeling like you're at the mercy of your emotions? Do you wish you could understand them better so that you could make better choices in your life?

If so, then you need to read *Demystifying Emotions*.

This book will help you to:

- Understand the different types of emotions
- Identify the triggers that cause your emotions
- Develop healthy coping mechanisms for dealing with difficult emotions
- Use your emotions to your advantage

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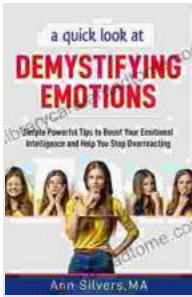
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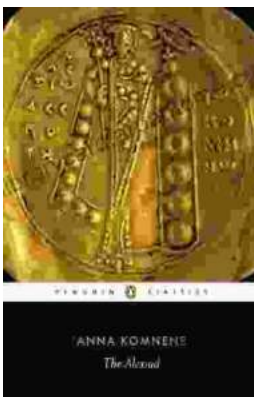


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