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*Emotions Freedom From
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Anger Mangement Book Series #1
Anger can ruin many different things

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in life, from your health to your career, to relationships and friendships. It's time to get this problem under control. In Anger Management: 7 Steps to Freedom from Anger, Stress, and Anxiety, you will learn: Why is Anger a Problem

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for Society: Anger is a natural, healthy emotion, but what are the costs of it running without control? Our society is becoming increasingly angry, and it's harming not just ourselves, but others. Where Anger Came from: What are the origins of

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anger? Surely, this prevalent emotion has to have a source. Chapter one will explain this to help you understand where your emotion springs from and how best to handle it. Different Types of Anger: Not all anger is created equal. There's

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anger at a situation, anger at another person, and anger at ourselves.

Understanding these distinctions can help you find healthy ways to deal with the emotion. Handling the Emotion: What are some healthy alternatives to burying your anger or

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exploding? Throughout this guide, you will be given useful tools for handling the emotion in a balanced, assertive way. By the end of this book, you should have the necessary mental tools for becoming assertive, rather than aggressive,

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and calm when necessary. If you're tired of being controlled by this unpredictable emotion, take matters into your own hands and read this useful guide.

An introduction to "energy psychiatry" draws on intuition, the

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body's energy, and traditional medicine to address a range of emotional challenges, from workaholism to social anxiety, sharing energy-enhancing exercises and the author's recommendations on how to cultivate positive energy.

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Reprint. 75,000 first printing.

A step-by-step guide to the simple acupressure self-care technique of tapping for acute and chronic emotional, psychological, and physical ailments • Effective for emotional conditions such as panic

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attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases • Shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and

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nightmares; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration • Offers the full tapping protocol as well as a shortened version for acute situations • Illustrates easily

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accessible points to tap and in what order Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. By tapping on specific meridian points

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you can quickly and easily dissolve blockages in the body's energy system, caused by past traumas and suppressed emotions such as grief and anger, and restore the natural flow of energy in your body, the key to optimal health and overall well-

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being. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order. Explaining how to open your energetic system to EFT treatment

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for fast and long-lasting results, she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions, including panic attacks, anxiety,

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depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases. She also shows how this method can treat chronic pain, nausea, and headaches; alleviate

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insomnia and nightmares; assist physical healing from illness; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration. The author explains how tapping can be done anywhere,

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offering both the full tapping protocol, which only takes a few minutes, and a short-form version, which takes less than a minute, for acute issues. Including remarkable success stories of EFT in practice, this comprehensive guide to tapping

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shows how the solution to many of life's problems is at your fingertips. Buy the paperback book and get the Kindle ebook version for FREE! Self-Discipline, Jealousy and Anger Management: 3 Book Box Set This book includes: Self-Discipline: 32

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Small Changes to Create a Life
Long Habit of Self-Discipline, Laser-
Sharp Focus, and Extreme
Productivity Jealousy: 7 Steps to
Freedom from Jealousy, Insecurities
and Codependency Anger
Management: 7 Steps to Freedom

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from Anger, Stress and Anxiety
Anger, Jealousy and the lack of Self-Discipline can ruin many different things in life, from your health to your career, to relationships and friendships. It's time to get this problem under control. In this 3 book

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box set, you will learn: Part 1 - Self-Discipline Step-by-step easy-to-follow guides for boosting self-awareness so you can recognize and fight distractions Little things that you need to stop doing - or thinking - because they damage

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your productivity and forbearance
Exercises that build inner strength
and character The changes in mind-
sets that you need to make in order
to reinforce self-discipline Ways to
manage temptation and maintain
focus Techniques and practices that

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will enable you to stay on track Part
2 - Jealousy The meaning of
jealousy and the varied myths and
misconceptions surrounding this
emotion. The different types of
jealousy and how they affect
different forms and kinds of

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relationships How jealousy affects self-esteem and how both are correlated. How jealousy can be linked to biological and psychological patterns of survival. The real reasons as to why you may feel jealous in a relationship. Studies

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that were done by fellows of science to prove the difference in jealousy between men and women of different ages. The trigger that sets the ball rolling in the jealousy park. Detailed steps on overcoming jealousy. Stages in dealing with

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jealousy. Fun ways of resealing the cracks of a relationship on the rocks. Part 3 - Anger Management Why is Anger a Problem for Society: Anger is a natural, healthy emotion, but what are the costs of it running without control? Our society is

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Understanding these distinctions

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can help you find healthy ways to deal with the emotion. Handling the Emotion: What are some healthy alternatives to burying your anger or exploding? Throughout this guide, you will be given useful tools for handling the emotion in a balanced,

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assertive way. By the end of this book, you should have the necessary mental tools for becoming assertive, rather than aggressive, and calm when necessary. You will have developed unbreakable self-discipline for extreme focus,

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productivity, and full control over your emotions. If you're tired of being controlled by the unpredictable emotions that floods upon you, take matters into your own hands and read this ultimate guide.

Transforming Fear, Anger, and

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Jealousy into Creative Energy

The Giver

Liberate Yourself from Negative
Emotions and Transform Your Life

Emotional Intelligence

Love, Freedom, and Aloneness

The 48 Laws Of Power

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A New Vision of Relating

#1 NEW YORK TIMES BESTSELLER

- In her latest book, Brené Brown writes, “ If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and be stewards of the stories that we

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hear. This is the framework for meaningful connection. ” In Atlas of the Heart, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection,

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she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection. Over the past two decades, Brown ' s extensive

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research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. Atlas of the Heart draws on this research, as well as on Brown ' s singular skills as a storyteller, to show us how accurately naming an

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experience doesn't give the
experience more power—it gives us
the power of understanding, meaning,
and choice. Brown shares, “ I want this
book to be an atlas for all of us,
because I believe that, with an
adventurous heart and the right maps,
we can travel anywhere and never fear

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losing ourselves. ”

“ Inspiring and humble in its approach, ”
this book applies Buddhist philosophy
to overcoming and preventing anger in
our lives (Sharon Salzberg, author of
Lovingkindness) Anger plagues all of
us on a personal, national, and
international level. Yet we see people,

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such as the Dalai Lama, who have faced circumstances far worse than many of us have faced—including exile, persecution, and the loss of many loved ones—but who do not burn with rage or seek revenge. How do they do it? *Working with Anger* presents a variety of Buddhist

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methods for subduing and preventing anger not by changing what is happening, but by framing it differently. No matter what our religion, learning to work with our anger is effective for everyone seeking personal happiness as well as world peace.

Emotions link our feelings, thoughts,

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and conditioning at multiple levels, but they may remain a largely untapped source of strength, freedom, and connection. The capacity to be intimate with all our emotions, teaches Robert Augustus Masters, is essential for creating fulfilling relationships and living with awareness, love, and

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integrity. With Emotional Intimacy, this respected therapist and author invites us to explore: How to deepen our emotional literacy and become intimate with all our emotions The nature of emotional disconnection and what to do about it How to identify our emotions, fully experience them, and

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skillfully express them Illuminating,
resolving, and healing old emotional
wounds Gender differences in
emotional intimacy and expression
Steps for bringing greater emotional
intimacy and depth into our
relationships In-depth guidance for
those facing depression, anxiety, and

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shame Why "blowing off steam" may make us feel worse, and the nature of healthy catharsis The difference between anger and aggression, shame and guilt, jealousy and envy Individual chapters for fully engaging with fear, anger, joy, jealousy, shame, grief, guilt, awe, and the full spectrum

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of our emotions There are no negative or unwholesome emotions—only negative or harmful things we do with them. Through real life examples, exercises, and an abundance of key insights, Masters provides a lucid guide for reclaiming our emotions, relating to them skillfully, and turning

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them into allies—to enrich and deepen our lives.

Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders, but his selection leads him to a mysterious man known as the Giver, who reveals the dark secrets

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behind the utopian facade.

Freedom from Anger, Jealousy & Fear

3 Books in One - Self-Discipline: 32

Small Changes to Life Long Self-

Discipline, Jealousy: 7 Steps to

Freedom, Anger Management: 7

Steps to Freedom

How Our Emotions Reveal Our

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Deepest Questions About God

A Woman's Path to Emotional

Freedom

God's Promise of Hope and Healing

Emotional Healing in Minutes: Simple

Acupressure Techniques For Your

Emotions

10 Extraordinary Prescriptions For

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Transforming Fatigue, Stress, and
Fear Into Vibrance, Strength, And
Love

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Media International

A simple guide to understanding

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the source of our stress, how to face and release it, and why. It also teaches us how to connect with our wonderful, unique, light hearted soul. The nine steps include exercises to release fear, anger, guilt, jealousy and

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denial, how to understand stress in others and communicate tactfully, and how to stay calm and positive in all situations. These exercises help us to let go of all of our emotional baggage and start afresh with

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the wisdom that fear is a liar.
Tools are provided for dealing
with fear, anger and guilt as
they arise in the future.
In a formidable display of
boundary-breaking scholarship,
Kristján Kristjánsson analyzes

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and dispels misconceptions about Aristotle's views on morality, emotions and education that abound in the current literature - including claims of the emotional intelligence theorists that they

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have revitalized Aristotle's message for the present day. This is an arresting book that deepens the contemporary discourse on emotion cultivation and one that will excite any student of moral education,

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whether academic or
practitioner.

One of the greatest spiritual
teachers of the twentieth
century invites you on a journey
through what makes human
beings afraid—and how

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confronting fears strengthens us. In *Fear: Understanding and Accepting the Insecurities of Life*, Osho takes the reader step by step over the range of what makes human beings afraid—from the reflexive “fight

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or flight ” response to physical danger to the rational and irrational fears of the mind and its psychology. Only by bringing the light of understanding into fear ’ s dark corners, he says, airing out closets and opening

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windows, and looking under the bed to see if a monster is really living there, can we begin to venture outside the boundaries of our comfort zone and learn to live with, and even enjoy, the fundamental insecurity of being

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alive. Fear features a series of meditation experiments designed to help readers experience a new relationship with fear and to begin to see fears not as stumbling blocks, but as stepping stones to

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greater self-awareness and trust. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described

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by the Sunday Times of London as one of the “ 1000 Makers of the 20th Century ” and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of

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India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

Atlas of the Heart

The Language of Emotions

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The Cry of the Soul

Learn to Trust, Overcome

Possessiveness, and Save Your
Relationship

What Your Feelings Are Trying
to Tell You

Mapping Meaningful Connection

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and the Language of Human
Experience

The Morality of Anger and
Shame across Cultures

*Richard Sorabji presents a
ground-breaking study of ancient
Greek views of the emotions and*

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their influence on subsequent theories and attitudes, pagan and Christian. The key questions are ones that concern everyone: what is emotion, and how does one cope with one's own emotions and establish peace of mind? The central focus of the book is the

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Stoics, but Sorabji draws on a vast range of texts to give a rich historical survey of how Western thinking about this central aspect of human nature developed. The result is a magisterial work of scholarship which will be fascinating for anyone with an

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*interest in the emotions from a
historical or contemporary
perspective.*

*Daniel Goleman offers a vital new
curriculum for life that can
change the future for us and for
our children*

Strong emotions that we don't

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know how to handle effectively lie at the core of so many difficulties in the life of the individual. They can affect our relationships with loved ones, and how we function in our work. They play a profound role in how we feel about ourselves, and can

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even affect our physical health. And we are too often trapped in the dilemma of "expression" versus "repression." Expressing our emotions can often hurt others, but by repressing them – even in the benevolent guise of "self-control" – we risk hurting

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ourselves. Osho offers a third alternative, which is to understand the roots of our emotions and to develop the knack of watching them and learning from them as they arise, rather than being "taken over" by them. Eventually we find that

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even the most challenging and difficult situations no longer have the power to provoke us and cause us pain. Osho's unique insight into the workings of the mind, the heart, and the essence or "being" of the individual goes far beyond the understandings of

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conventional psychology. Over more than three decades of work with people from all walks of life, he has developed simple techniques and insights to help modern-day men and women to rediscover their own inner silence and wisdom.

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Shows how to identify the most powerful negative emotions such as depression, anger, worry and fear and transform them into hope, compassion and courage to achieve complete emotional freedom. Reprint. A best-selling book.

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Radical Responsibility

*Breaking Free from the Four
Emotions That Control You*

*Self-Discipline, Jealousy, Anger
Management*

*The Soul Wins: 9 Steps to
Everlasting Peace*

EMOTIONS

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*Discover the Calm, Confident,
Caring You*

Celebrating the Female Spirit

There is growing evidence
from the science of human
behavior that our everyday,
folk understanding of

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ourselves as conscious, rational, responsible agents may be radically mistaken. The science, some argue, recommends a view of conscious agency as merely epiphenomenal: an impotent

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accompaniment to the whirring unconscious machinery (the inner zombie) that prepares, decides and causes our behavior. The new essays in this volume display and explore this radical claim,

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revisiting the folk concept of the responsible agent after abandoning the image of a central executive, and "decomposing" the notion of the conscious will into multiple interlocking aspects

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and functions. Part 1 of this volume provides an overview of the scientific research that has been taken to support "the zombie challenge." In part 2, contributors explore the phenomenology of agency and

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what it is like to be the author of one's own actions. Part 3 then explores different strategies for using the science and phenomenology of human agency to respond to the zombie challenge.

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Questions explored include:
what distinguishes automatic
behavior and voluntary
action? What, if anything, does
consciousness contribute to
the voluntary control of
behavior? What does the

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science of human behavior really tell us about the nature of self-control?

One of the main original aims of philosophy was to give us guidance about how to live our lives. The ancient Greeks

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typically assumed that a life led in accordance with reason, a rational life, would also be the happiest or most fulfilling. Ingmar Persson's book resumes this project, which has been largely neglected in

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contemporary philosophy. But his conclusions are very different; by exploring the irrationality of our attitudes to time, our identity, and our responsibility, Persson shows that the aim of living rationally

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conflicts not only with the aim of leading the most fulfilling life, but also with the moral aim of promoting the maximization and just distribution of fulfilment for all. Persson also argues that

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neither the aim of living rationally nor any of the fulfilment aims can be rejected as less rational than any other. We thus face a dilemma of either having to enter a retreat of reason, insulated from

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everyday attitudes, or making reason retreat from its aspiration to be the sole controller of our attitudes. The Retreat of Reason explores three areas in which there is a conflict between the rational

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life and a life dedicated to maximization of fulfilment. Persson contends that living rationally requires us to give up, first, our temporal biases; secondly, our bias towards ourselves; and, thirdly, our

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responsibility to the extent that it involves the notion of desert and desert-entailing notions. But giving up these attitudes is so overwhelmingly hard that the effort to do so not only makes our own lives

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less fulfilling, but also obstructs our efficient pursuit of the moral aim of promoting a maximum of justly distributed fulfilment. Ingmar Persson brings back to philosophy the ambition of

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offering a broad vision of the human condition. The Retreat of Reason challenges and disturbs some of our most fundamental ideas about ourselves.

Letting Go describes a simple

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and effective means by which to let go of the obstacles to Enlightenment and become free of negativity. During the many decades of the author's clinical psychiatric practice, the primary aim was to seek

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the most effective ways to relieve human suffering in all of its many forms. The inner mechanism of surrender was found to be of great practical benefit and is described in this book. Dr Hawkins's previous

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books focused on advanced states of awareness and Enlightenment. Over the years, thousands of students had asked for a practical technique by which to remove the inner blocks to happiness, love, joy,

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success, health and,
ultimately, Enlightenment.

This book provides a
mechanism for letting go of
those blocks. The mechanism
of surrender that Dr Hawkins
describes can be done in the

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midst of everyday life. The book is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, vocational fulfillment, relationships, sexuality and

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spiritual growth. It is an invaluable resource for all professionals who work in the areas of mental health, psychology, medicine, self-help, addiction recovery and spiritual development.

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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

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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

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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

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when we repress or blindly express them. However, there is a powerful alternative. In *The Language of Emotions*, you'll learn to meet your emotions and engage with them to safely move toward

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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

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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,

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and heal our most painful wounds. The Language of Emotions gives us a much-needed resource for self-understanding and freedom: How to overcome addictions, distractions, and unresolved

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trauma—the three primary impediments to emotional ease Using the energy of anger to protect and restore personal boundaries Step-by-step guidance in the five skills of the empath (someone

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skilled in reading emotions)

How to balance your

"quaternity," a metaphor for

the interplay of mind, body,

spirit, and emotions Honoring

sadness as a source of release

and rejuvenation Joy, the

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natural response to beauty and communion Praise "In my graduate education in counseling psychology, I found very little information about our emotions. Yet in my work as a therapist and

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educator, I've seen that emotions are key to healing. Karla McLaren's book offers an outstanding guide to the signals and messages emotions send us, along with clear instructions for

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intelligent and emotion-supporting actions we can take in response. Karla has made a huge contribution to the well-being of us all; The Language of Emotions will become required reading in all

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of my courses.”—Nancy
—Feehan, MFT, adjunct
professor of counseling
psychology at the University
of San Francisco “Karla
McLaren’s unique, empathic
view of emotions surprisingly

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revalues even the most
'negative' emotions and
opens pathways to
understanding the depths of
the human soul." —Michael
Meade, author of *The World
Behind the World* and *The*

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Water of Life "This book changed the way I relate to others, and to myself, forever." —Gavin De Becker, author of The Gift of Fear From Stoic Agitation to Christian Temptation

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Awakening to your Own
Awareness

Emotional Freedom

Don't Avoid the Issue

The Retreat of Reason

Emotion and Peace of Mind

Aristotle, Emotions, and

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Education

From one of the twentieth century's greatest spiritual teachers comes a volume of natural therapies in Pharmacy for the Soul: A Comprehensive Collection of Meditations,

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Relaxation and Awareness Exercises, and Other Practices for Physical and Emotional Well-Being. This book suggests holistic remedies for a variety of ailments. Each section begins with a description and

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diagnosis of an emotional or physical ailment and then lists a number of prescriptions.

Remedies include stretching techniques, meditations, laughter and breathing exercises, vocalizations,

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visualizations, chants, and
massage, which are Osho's
suggestions for helping to cure
everything from nail-biting to
insomnia to depression. In
addition to treatments, the book
is laced with poetic, humorous,

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and illuminating commentary that explores how one can come to peace with oneself both physically and emotionally. For the experienced holistic reader seeking further inspiration, or for the newcomer in need of

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direction, this is the must-have medicine cabinet of aids to living a life that is healthy, relaxed, and full of spontaneous joy. Organized in a user-friendly format, Pharmacy for the Soul addresses such issues as: *

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Relieving stress and physical
tension * Building self-
confidence * Enhancing
emotional and physical vitality *
Mood Swings * Sexuality * Diet
Osho challenges readers to
examine and break free of the

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conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the “1000 Makers of the 20th Century”

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and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand,

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reaching seekers of all ages in virtually every country of the world.

The average person has 70,000 thoughts every day, and many of those thoughts trigger a corresponding emotion. No

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wonder so many of us often feel like we're controlled by our emotions. Our lives would be much improved if we controlled them. In **LIVING BEYOND YOUR FEELINGS**, Joyce Meyer examines the gamut of feelings

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that human beings experience. She discusses the way that the brain processes and stores memories and thoughts, and then - emotion by emotion - she explains how we can manage our reactions to those emotions.

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By doing that, she gives the reader a toolbox for managing the way we react to the onslaught of feelings that can wreak havoc on our lives. In this book, Meyer blends the wisdom of the Bible with the

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latest psychological research
and discusses: the 4 personality
types and their influence on
one's outlook, the impact of
stress on physical and
emotional health, the power of
memories, the influence of

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words on emotions, anger & resentment, sadness, loss & grief, fear, guilt & regret, the power of replacing reactions with pro-actions, and the benefits of happiness.

Argues that many of the world's

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crises have been caused by the male-dominated society and its culture of ambition and greed, and encourages women, and men, to assert the feminine qualities of love and joy instead. Julie Clinton, author, speaker,

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and president of Extraordinary Women, has met thousands of women across the nation and heard them share the deep cry of their hearts. Women are desperate to break free of the emotional bondage of the

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past—the guilt, the anger, the jealousy, and the sadness. Julie offers women real hope and the chance to be free, filled with joy, and able to be used by God. With gripping real-life stories as well as stories from women

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of the Bible, Julie shares specific help for each debilitating emotion. She also provides a Bible study for an in-depth look at God's word and His provisions of grace and forgiveness. Readers will

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discover the perfect book for an individual seeking healing or for a small group Bible study. God can heal your damaged emotions.

The Pathway of Surrender
How Being Mindful in the Real

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World Can Liberate

Everyone...including You!

The Jealousy Cure

Why It Can Matter More Than
IQ

The Magic of Self-Respect

Emotional Intimacy

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Anger Management for
Substance Abuse and Mental
Health Clients

**Conquer your fears, phobias and
negative emotions with this simple
proven technique.**

Don't Avoid The Issue is an e-

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book about replacing negative emotions with positive affirmations in order to live a happier life. This book chronicles the tales of jealousy, anger, resentment, bitterness and joy.

An excerpt from the foreword by

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Joni Eareckson Tada: “With the book you are holding, you have stumbled upon the best of guides. I should know. I first read *The Cry of the Soul* decades ago when I was still sorting through a lot of hurt and frustration connected

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with my quadriplegia (yes, I read it on that music stand holding a mouth stick). The Cry of the Soul showed me what to do with my anger and hurt—not stuff it under the carpet of my conscience, or minimize it, but actually do

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something good with it.” All emotion—whether positive or negative—can give us a glimpse of the true nature of God. We want to control our negative emotions and dark desires. God wants us to recognize them as the cry of our

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**soul to be made right with Him.
Beginning with the Psalms, Cry of
the Soul explores what Scripture
says about our darker emotions
and points us to ways of honoring
God as we faithfully embrace the
full range of our emotional life.**

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**Self-Discipline, Jealousy and
Anger Management: 3 Book Box
Set This book includes: 1. Self-
Discipline: 32 Small Changes to
Create a Life Long Habit of Self-
Discipline, Laser-Sharp Focus,
and Extreme Productivity 2.**

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**Jealousy: 7 Steps to Freedom
from Jealousy, Insecurities and
Codependency 3. Anger
Management: 7 Steps to Freedom
from Anger, Stress and Anxiety
Anger, Jealousy and the lack of
Self-Discipline can ruin many**

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different things in life, from your health to your career, to relationships and friendships. It's time to get this problem under control. In this 3 book box set, you will learn: Part 1 – Self-Discipline
· Step-by-step easy-to-follow

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**guides for boosting self-awareness
so you can recognize and fight
distractions · Little things that you
need to stop doing – or thinking –
because they damage your
productivity and forbearance ·
Exercises that build inner strength**

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**and character · The changes in
mind-sets that you need to make
in order to reinforce self-discipline
· Ways to manage temptation and
maintain focus · Techniques and
practices that will enable you to
stay on track Part 2 – Jealousy ?**

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The meaning of jealousy and the varied myths and misconceptions surrounding this emotion. ? The different types of jealousy and how they affect different forms and kinds of relationships ? How jealousy affects self-esteem and

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**how both are correlated. ? How
jealousy can be linked to
biological and psychological
patterns of survival. ? The real
reasons as to why you may feel
jealous in a relationship. ? Studies
that were done by fellows of**

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science to prove the difference in jealousy between men and women of different ages. ? The trigger that sets the ball rolling in the jealousy park. ? Detailed steps on overcoming jealousy. ? Stages in dealing with jealousy. ? Fun ways

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**of resealing the cracks of a
relationship on the rocks. Part 3 –
Anger Management Why is Anger
a Problem for Society: Anger is a
natural, healthy emotion, but
what are the costs of it running
without control? Our society is**

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becoming increasingly angry, and it's harming not just ourselves, but others. Where Anger Came from: What are the origins of anger? Surely, this prevalent emotion has to have a source. Chapter one will explain this to

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help you understand where your emotion springs from and how best to handle it. Different Types of Anger: Not all anger is created equal. There's anger at a situation, anger at another person, and anger at ourselves.

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Understanding these distinctions can help you find healthy ways to deal with the emotion. Handling the Emotion: What are some healthy alternatives to burying your anger or exploding?

Throughout this guide, you will be

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given useful tools for handling the emotion in a balanced, assertive way. By the end of this book, you should have the necessary mental tools for becoming assertive, rather than aggressive, and calm when necessary. You will have

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developed unbreakable self-discipline for extreme focus, productivity, and full control over your emotions. If you're tired of being controlled by the unpredictable emotions that floods upon you, take matters into

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**your own hands and read this
ultimate guide.**

Decomposing the Will

**Understanding and Accepting the
Insecurities of Life**

Working with Anger

A Comprehensive Guide for

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Connecting with the Power of Your Emotions

How to Do Things with Emotions Fear

An Invitation to Discover Personal
Freedom, Authentic Relationships,

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and Limitless Possibility What is the greatest obstacle to your fulfillment, success, and happiness? “It's the belief,” teaches Fleet Maull, “that your current situation, whatever it is, has the power to determine your future.” Before he was a revered

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meditation teacher, Fleet Maull served 14 years in prison for drug trafficking. And during that time, he embarked on a path of transformation and service that today has helped tens of thousands—from inmates to hospice

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patients to top-level business leaders. With Radical Responsibility, he invites us to experience for ourselves the life-changing journey from victim to co-creator. Here, he guides us step by step to shift our fear-based

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conditioning into the habits of courage, compassion, and positive change. Join him to delve deeply into: • The complete Radical Responsibility® method for breaking free of your learned limitations and accessing limitless

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possibility • Discovering basic goodness— your indestructible inner resource for happiness, connection, and strength • Fleet Maull's mindfulness-based emotional intelligence (MBEI) model—neuroscience-informed

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principles and tools for shedding shame and blame and embracing self-awareness, resilience, and freedom from our self-created suffering • Getting off the Drama Triangle and into the Empowerment Zone—profound practices to

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transform interpersonal conflicts •
Creating your life plan—a clear and
achievable map for living your
highest purpose, and many other
chapters of real-world-tested
insights and strategies If you would
like to take your life to the next level

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and truly optimize your health, relationships, career, and other life pursuits, Radical Responsibility will give you the expert guidance to move beyond the inner walls of your beliefs and realize your full potential. This book includes

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access to guided audio sessions for many of the exercises, available online.

CBA BESTSELLER • Break free from the destructive power of guilt, anger, greed, and jealousy.

Includes a six-week discussion

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guide. “Andy Stanley touches the right nerve at the right time.”—Shaunti Feldhahn, bestselling author of *For Women Only* and *For Men Only* Divorce. Job loss. Estrangement from family members. Broken friendships. The

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difficult circumstances you are dealing with today are likely being fed by one of four emotional forces that compels you to act in undesirable ways, sometimes even against your will. Andy Stanley explores each of these destructive

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forces—guilt, anger, greed, and jealousy—and how they infiltrate your life and damage your relationships. He says that, left unchallenged they have the power to destroy your home, your career, and your friendships. In Enemies of

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the Heart, Andy offers practical, biblical direction to help you fight back, to take charge of those feelings that mysteriously control you, and to restore your broken relationships. Previously released as *It Came from Within*

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How do we reconcile our need to express our emotions with our desire to protect others? Far too often we find ourselves trapped in this dilemma of expression versus repression. We fear that by expressing our true feelings, we will

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hurt and alienate those close to us. But by repressing our emotions—even in the benevolent guise of “self-control”—we only risk hurting ourselves. Osho, one of the most provocative and inspiring spiritual teachers of our time,

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provides here a practical and comprehensive approach to dealing with this conflict effectively.

Incorporating new, never-before-published material, Emotional Wellness leads us to understand the roots of our emotions, to react

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to situations in a way that can teach us more about ourselves and others, and to respond to life's inevitable ups and downs with far greater confidence and equilibrium. Discover: • The impact that fear, anger, and jealousy have on our

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lives • How emotions like guilt, insecurity, and fear are used to manipulate us • How to break out of unhealthy responses to strong emotions • How to transform destructive emotions into creative energy • The role of society and

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culture on our individual emotional styles Osho's unique insight into the human mind and heart goes far beyond conventional psychology. He teaches us to experience our emotions fully and to deal with them creatively in order to achieve a

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richer, fuller life.

Osho, one of the greatest spiritual thinkers of the twentieth century, explores the connections between ourselves and others in Love, Freedom, and Aloneness: The Koan of Relationships. In today's

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world, freedom is our basic condition, and until we learn to live with that freedom, and learn to live by ourselves and with ourselves, we are denying ourselves the possibility of finding love and happiness with someone else. Love

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can only happen through freedom and in conjunction with a deep respect for ourselves and the other. Is it possible to be alone and not lonely? Where are the boundaries that define “lust” versus “love”...and can lust ever grow into

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love? In Love, Freedom, and Aloneness you will find unique, radical, and intelligent perspectives on these and other essential questions. In our post-ideological world, where old moralities are out of date, we have a golden

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opportunity to redefine and revitalize the very foundations of our lives. We have the chance to start afresh with ourselves, our relationships to others, and to find fulfillment and success for the individual and for society as a

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whole. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the

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“1000 Makers of the 20th Century”
and by Sunday Mid-Day (India) as
one of the ten people—along with
Gandhi, Nehru, and Buddha—who
have changed the destiny of India.
Since his death in 1990, the
influence of his teachings continues

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to expand, reaching seekers of all ages in virtually every country of the world.

Positive Energy

3 Books in One - Self-Discipline: 32
Small Changes to Life Long Self-
Discipline and Productivity,

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Jealousy: 7 Steps to Freedom,
Anger Management: 7 Steps to
Freedom

A Comprehensive Collection of
Meditations, Relaxation and
Awareness Exercises, and Other
Practices for Physical and

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Emotional Well-Being

Pharmacy For the Soul

A Dilemma in the Philosophy of Life

Enemies of the Heart

30 Days to Taming Your Emotions

THE MILLION COPY

INTERNATIONAL BESTSELLER

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Drawn from 3,000 years of the history of power, this is the definitive guide to help readers achieve for themselves what Queen Elizabeth I, Henry Kissinger, Louis XIV and Machiavelli learnt the hard

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way. Law 1: Never outshine
the master Law 2: Never put
too much trust in friends;
learn how to use enemies Law
3: Conceal your intentions
Law 4: Always say less than
necessary. The text is bold
and elegant, laid out in

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black and red throughout and replete with fables and unique word sculptures. The 48 laws are illustrated through the tactics, triumphs and failures of great figures from the past who have wielded - or been

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victimised by - power. _____

___ (From the Playboy
interview with Jay-Z, April
2003) PLAYBOY: Rap careers
are usually over fast: one
or two hits, then styles
change and a new guy comes

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along. Why have you endured while other rappers haven't? JAY-Z: I would say that it's from still being able to relate to people. It's natural to lose yourself when you have success, to start surrounding yourself

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with fake people. In The 48
Laws of Power, it says the
worst thing you can do is
build a fortress around
yourself. I still got the
people who grew up with me,
my cousin and my childhood
friends. This guy right here

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(gestures to the studio manager), he's my friend, and he told me that one of my records, Volume Three, was wack. People set higher standards for me, and I love it.

"The Jealousy Cure unlocks

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the positive power of
jealousy for happy
relationships." –Foreword
Reviews "Solid counsel for
those whose relationships
are plagued by jealousy and
the individuals it targets."
–Library Journal starred

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review? Could jealousy be a positive thing? In this groundbreaking book, Robert L. Leahy—author of the hugely popular self-help guide, *The Worry Cure*—invites you to gain a greater understanding of

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your jealous feelings, keep jealousy from hijacking your life, and create healthier relationships. We've all heard tales of the overly jealous spouse or significant other. Maybe we've even been that jealous

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person, though we may not want to admit it. It's hard to imagine anyone sailing through life without either having feelings of jealousy or being the target of someone's jealousy. But what if jealousy isn't just a

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neurotic weakness? What if it signals that your relationship matters to you? In short—what if jealousy serves a purpose? In *The Jealousy Cure*, renowned psychologist Robert L. Leahy takes a more nuanced

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approach to tackling feelings of jealousy. In this compelling book, you'll uncover the evolutionary origins of jealousy, and how and why it's served to help us as a species. You'll also learn practices based in

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emotional schema theory,
cognitive behavioral therapy
(CBT), acceptance and
commitment therapy (ACT),
and mindfulness to help you
overcome the shame jealousy
can bring, improve
communication with your

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partner, and ultimately make room for jealousy while also making your relationship more meaningful. You will learn that confronting jealousy in your relationship does not have to be a catastrophe, but can

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redirect you and your partner to build more trust, acceptance, and connection. We often feel jealous because we fear losing the things or people that matter to us the most. With this insightful guide, you'll

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discover how jealousy can both help and hurt your relationship, and learn proven-effective skills to keep jealousy in its place. This book has been selected as an Association for Behavioral and Cognitive

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Therapies Self-Help Book
Recommendation— an honor
bestowed on outstanding self-
help books that are
consistent with cognitive
behavioral therapy (CBT)
principles and that
incorporate scientifically

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tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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YOU have demanded of me,
Novatus, that I should write
how anger may be soothed,
and it appears to me that
you are right in feeling
especial fear of this
passion, which is above all
others hideous and wild: for

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the others have some alloy
of peace and quiet, but this
consists wholly in action
and the impulse of grief,
raging with an utterly
inhuman lust for arms, blood
and tortures, careless of
itself provided it hurts

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another, rushing upon the very point of the sword, and greedy for revenge even when it drags the avenger to ruin with itself. Some of the wisest of men have in consequence of this called anger a short madness: for

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it is equally devoid of self control, regardless of decorum, forgetful of kinship, obstinately engrossed in whatever it begins to do, deaf to reason and advice, excited by trifling causes, awkward at

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perceiving what is true and just, and very like a falling rock which breaks itself to pieces upon the very thing which it crushes. That you may know that they whom anger possesses are not sane, look at their

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appearance; for as there are distinct symptoms which mark madmen, such as a bold and menacing air, a gloomy brow, a stern face, a hurried walk, restless hands, changed colour, quick and strongly-drawn breathing;

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the signs of angry men, too, are the same: their eyes blaze and sparkle, their whole face is a deep red with the blood which boils up from the bottom of their heart, their lips quiver, their teeth are set, their

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hair bristles and stands on end, their breath is laboured and hissing, their joints crack as they twist them about, they groan, bellow, and burst into scarcely intelligible talk, they often clap their hands

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together and stamp on the ground with their feet, and their whole body is highly-strung and plays those tricks which mark a distraught mind, so as to furnish an ugly and shocking picture of self-perversion

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and excitement. You cannot tell whether this vice is more execrable or more disgusting. This edition includes: - A complete biography of Lucius Annaeus Seneca- Table of contents with direct links to

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chapters

A New York Times bestseller, Emotional Freedom is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to

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feel even better. Picture yourself trapped in a traffic jam feeling utterly calm. Imagine being unflappable and relaxed when your supervisor loses her temper. What if you were peaceful instead of anxious?

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What if your life were filled with nurturing relationships and a warm sense of belonging? This is what it feels like when you've achieved emotional freedom. Bestselling author Dr. Judith Orloff invites

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you to take a remarkable journey, one that leads to happiness and serenity, and a place where you can gain mastery over the negativity that pervades daily life. No matter how stressed you currently feel, the time for

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positive change is now. You possess the ability to liberate yourself from depression, anger, and fear. Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr.

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Orloff maps the elegant relationships between our minds, bodies, spirits, and environments. With humor and compassion, she shows you how to identify the most powerful negative emotions and how to transform them

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into hope, kindness, and courage. Compelling patient case studies and stories from her online community, her workshop participants, and her own private life illustrate the simple, easy-to-follow action steps that

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you can take to cope with emotional vampires, disappointments, and rejection. As Dr. Orloff shows, each day presents opportunities for us to be heroes in our own lives: to turn away from negativity,

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react constructively, and
seize command of any
situation. Complete
emotional freedom is within
your grasp.

Controlling Emotions So They
Don't Control You
Emotional Wellness

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Living Beyond Your Feelings

7 Steps to Freedom from

Anger, Stress and Anxiety

The Book of Women

Emotional Acupressure with

EFT

From Fear to Freedom

CONTENTMENT, PEACE, ENERGY,

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**AND SUCCESS.ALL THESE CAN
BE YOURS.Imagine living a life
where you are untouched by fear
and stress. Picture a future where
you are immune to the effects of
negative emotions.How will you
feel once you develop the ability to
observe and overcome ALL**

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unpleasant feelings? This book will help you do just this - it will provide you with the secrets, tools, and insights which have been used by the wisest minds in history to overcome all obstacles. Optimum mental health is becoming more and more vital in today's world. But

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how do you achieve it? Using a grounded and practical approach to mindfulness, you can learn to break free from fear, worry, anxiety, anger, jealousy, and all other negative emotions. In From Fear to Freedom, you'll get access to the tricks, techniques, and attitudes

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used successfully by some of the world's most exceptional people. Find out how the wisest minds in human history have managed to attain and demonstrate a state of calm, equilibrium, and fearlessness through every situation. From Fear to Freedom will

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**create a new opportunity for you -
and you won't even need to take
any time out of your day for
exercises!Your daily life provides
you with constant challenges and
opportunities for personal
development and growth. Learn
how to take advantage of every**

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opportunity, every day, to take further steps towards freedom. In this book, you'll discover and learn many valuable things: True freedom comes from within. This is exactly what From Fear to Freedom will help you find and attain Never be tricked into slipping into a bad

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mood again by your thoughts and feelings Learn how to CHOOSE your own mood and mindset, regardless of what's going on in your life Use simplicity as a powerful tool to break free from ANY negativity ANYONE can use the tools within this book to

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**enhance their inner and outer lives.
You can start today and see just
how quickly the results begin to
show! Realize that mindfulness can
be a natural and effortless way to
live - start to reap the rewards of
true freedom IMMEDIATELY See
how simple it is to choose positivity**

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**over negativity in under 1 second!
From Fear to Freedom is not just
another self help book...it is a
manual to help transform your life.
A manual that will be useful to
everyone who reads it regardless
of age, experiences, beliefs,
background, or goals. Life is a**

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challenge for everyone. So start learning how to become a master of your own challenges today by buying and reading this book."For me, the most important part of my life is being positive. Because of this, I can create positive energy that I can share with other people.

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It's like a mirror - if you are positive and mindful with people, they will start to reflect it back. From this book, you will learn step-by-step how to understand different situations and how to deal with them. There is no better feeling than being yourself and loving

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yourself. We should support each other and stick together - this book is a key for everyone who is struggling, doesn't know where to begin, or who would like to be an inspiration to others." - Nel Kasparova

An expansive look at how culture

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shapes our emotions—and how we can benefit, as individuals and a society, from less anger and more shame The world today is full of anger. Everywhere we look, we see values clashing and tempers rising, in ways that seem frenzied, aimless, and cruel. At the same

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time, we witness political leaders and others who lack any sense of shame, even as they display carelessness with the truth and the common good. In How to Do Things with Emotions, Owen Flanagan explains that emotions are things we do, and he reminds us that

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those like anger and shame involve cultural norms and scripts. The ways we do these emotions offer no guarantee of emotionally or ethically balanced lives—but still we can control and change how such emotions are done. Flanagan makes a passionate case for tuning

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**down anger and tuning up shame,
and he observes how cultures
around the world can show us how
to perform these emotions better.
Through comparative insights from
anthropology, psychology, and
cross-cultural philosophy, Flanagan
reveals an incredible range in the**

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expression of anger and shame across societies. He establishes that certain types of anger—such as those that lead to revenge or passing hurt on to others—are more destructive than we imagine. Certain forms of shame, on the other hand, can protect positive

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**values, including courage,
kindness, and honesty. Flanagan
proposes that we should embrace
shame as a uniquely socializing
emotion, one that can promote
moral progress where
undisciplined anger cannot. How to
Do Things with Emotions**

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celebrates the plasticity of our emotional responses—and our freedom to recalibrate them in the pursuit of more fulfilling lives. So much of the experience of everyday life, says Osho in this insightful guide, is shaped by religious and social conditioning —

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and we are not even aware of the fact. We are constantly being pulled away from the unique nature that is our birthright. In place of that original and unique self, a false self called the “ego” is constructed that eventually gains control of our creativity, our ideas about what it

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means to be successful, our relationships, and our very experience of who we are. At the same time, he argues, the collection of egos known as “society” shapes our political, educational, and religious institutions, which in turn combine

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to force the same old patterns onto new generations. In this book, Osho shows how to discard these old patterns in favor of a new and nurturing trinity of watchfulness, awareness, and alertness. The bundled DVD lets readers directly experience the insights of this

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important modern mystic.

From Deborah Pegues, popular author of 30 Days to Taming Your Tongue (more than 500,000 sold), comes an indispensable guide for overcoming the emotional barriers that rob men and women of life's fullness and derail their personal

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and professional relationships. Pegues uses biblical and modern-day examples to help readers identify and overcome the obstacles that hold them back. Readers will discover emotion-taming strategies such as establishing boundaries extending

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**grace, mercy, and respect to others
conquering perfectionism
accepting themselves and learning
to laugh at themselves telling the
truth and striving to do the right
thing 30 Days to Taming Your
Emotions provides Scripture-based
principles, heart-searching**

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personal challenges, and healing prayers and affirmations that point readers to a new sense of emotional freedom. Compilation of Supreme Confidence, 30 Days to a Great Attitude, and 30 Days to Taming Your Stress. The Book of Tapping

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**How to Move Beyond Blame,
Fearlessly Live Your Highest
Purpose, and Become an
Unstoppable Force for Good
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Participant Workbook
Of Anger (Annotated)
Anger Management**

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