

Managing Your Emotions Instead Of You Joyce Meyer

It's a commonly heard phrase: Stop being so sensitive. These words can be frustrating to hear, and if you are an emotionally sensitive person, they often have the opposite of the desired effect. You cannot simply switch off your emotions like you would a TV show or a radio station playing an annoying song. But there are effective techniques that can help you manage these emotions before they take over your life. In The Emotionally Sensitive Person, a psychologist provides proven-effective cognitive behavioral and mindfulness techniques to help people like you who struggle with intense emotions. In the book, you will learn powerful tools for staying in the present moment, identifying emotional triggers, developing a strong and healthy identity, and experiencing overwhelming or uncomfortable emotions without becoming upset. You'll also learn how to be more relaxed in your relationships, how your personal values can affect your thoughts and actions, and how to recognize negative thought patterns before you start acting on them. If you are tired of feeling hurt and helpless when it comes to your feelings, this book will provide you with evidence-based strategies for taking charge of your emotions—whether it's at home, at work, or in your relationships.

Weaves together biblical exposition and practical application to demonstrate how emotions relate to the Christian life. Emotions are a vital part of what it means to be a human being made in the image of God and redeemed in Jesus Christ. But often our emotions confuse and mislead us. So what is the proper place for emotions in a Christian's walk of faith? In Feelings and Faith Brian Borgman draws from his extensive biblical knowledge and his pastoral experience to help readers understand both divine and human emotions. After laying a biblical foundation he moves on to practical application, focusing on how Christians can put to death ungodly emotional displays and also cultivate godly emotions. This biblically informed, practical volume is helpful for pastors, counselors, and serious-minded Christians who wish to develop a full-orbed faith that encompasses their emotional life.

Too many guys of all ages have only about half the information they need to live successful professional and personal lives. Most men are terrific with their thinking half--the part that deals with facts, figures, and information. Nothing's Wrong helps men find the half that's missing--the emotional half. Men have long been conditioned to conceal a full range of emotions, including sadness, anxiety, and worry. Author David Kundtz shows men how to identify and express whatever they're feeling in a healthy way and to learn to be comfortable with the feelings of others. He provides the tools and language with which men can access and express deep, vibrant, emotional lives. Written for males, from teenagers to grandfathers, Nothing's Wrong liberates men so that their jobs and relationships can flourish and they can find new, lasting success in life, in the ways that really count. Kundtz helps men become skilled and confident with the emotional part of life with a variety of stories, simple-to-do exercises, and a three-step, daily practice for emotional fitness: 1. Notice the feeling and stay with it. Name the feeling. 3. Express the feeling to the outside world. Written in a matter-of-fact, non-touchy-feely style, Nothing's Wrong helps men manage their feelings to build rich, emotional lives and find more satisfying relationships, improved health, and successful careers. Try it--the results can be amazing! Here's a book that truly acknowledges the bewildering effects strong emotions have on men and how men can learn to deal with them. Its plain language and examples are far from the touchy-feely tone of so many other titles in this category. Most teens experience intense feelings, but many lack the skills needed to regulate their emotions in healthy ways. In this unique guided journal, best-selling author and teen expert Lisa Schab offers writing prompts and a creative space for teens to organize their thoughts, work through difficult experiences, balance their emotions, and break free from destructive rumination. This journal also includes powerful behavioral prompts to help teen readers put what they learn into action.

Controlling Your Emotions Before They Control You

Controlling Emotions So They Don't Control You

A Creative DBT Journal for Teens with Intense Emotions

How to Manage Your Emotions & Raise a Happy and Confident Child

Managing Emotions in the Workplace

How to Control Your Emotions

Managing Your Emotions - Combined

Women of Faith, renowned for their unique combination of personality and truth, offer fresh new messages in their fourth series of popular topical study guides. Titles include: Receiving God's Goodness Experiencing Spiritual Intimacy Contagious Joy Understanding Purpose Each study guide, teeming with insights and quotes from the conference speakers provides twelve weeks of Bible study, a leader's guide for small groups, and a special take-home reminder for each week's lesson.

The world's leading expert on habit formation shows how you can have a happier, healthier life: by starting small. Myth: Change is hard. Reality: Change can be easy if you know the simple steps of Behavior Design. Myth: It's all about willpower. Reality: Willpower is fickle and finite, and exactly the wrong way to create habits. Myth: You have to make a plan and stick to it. Reality: You transform your life by starting small and being flexible. BJ FOGG is here to change your life--and revolutionize how we think about human behavior. Based on twenty years of research and Fogg's experience coaching more than 40,000 people, Tiny Habits cracks the code of habit formation. With breakthrough discoveries in every chapter, you'll learn the simplest proven ways to transform your life. Fogg shows you how to feel good about your successes instead of bad about your failures. Already the habit guru to companies around the world, Fogg brings his proven method to a global audience for the first time. Whether you want to lose weight, de-stress, sleep better, or be more productive each day, Tiny Habits makes it easy to achieve.

God Gave You Emotions on Purpose! Our emotions play a vital role in living happy, healthy, successful lives. All emotions, from love and joy to anger and fear, have an important part to play in understanding ourselves and others. They help us discover the wonders of this life as well as warn us when we are in danger. But this diversity of feelings is meant to complement our life, not determine it! In this life-transforming book, Joyce Meyer reveals powerful truths from God's Word that will help you learn to manage all of your emotions in the right direction. Through hilarious illustrations and real-life applications, Joyce delivers the keys to keeping your emotions in the proper place while allowing the Spirit of God to lead and direct you. Dynamic scriptural insights are included on topics such as: * How not to be led by feelings * Codependency * Forgiveness * Mood swings * Healing for damaged emotions * Depression * And much more! Don't allow your feelings to determine your destiny! Instead, manage your emotions to complement and enhance your attitude for a joyful, victorious life!

Emotional intelligence means that you use your mind to understand your emotions and the emotions of others. You use your cognitive abilities to relate to yourself and other people in a way that has a positive outcome for both you and those whom you interact with.The question immediately arises, "Can you learn Emotional Intelligence?"Yes! Diane Weston's practical guide will take you all the way from understanding Emotional Intelligence to applying it in your everyday life. Emotional Intelligence: How to Develop Emotional Intelligence, Control Your Emotions and Live the Life You Want contains the knowledge, tools, and techniques you need to better understand yourself and other people. Internally, it helps you clear emotions that stand in your way and feel more peaceful. On the outside, it helps you improve your personal and professional relationships through clear communication. The first part of the book goes over the fundamentals of Emotional Intelligence, laying out: The latest scientific research findings on EQ. Why Emotional Intelligence is about you as much as it is about other people. How emotions affect every aspect of your life (without you even noticing). Diving deeper, Diane talks about the true nature of emotions, revealing: Why emotions are a Great Tool but a Bad Boss. How emotions influence your worldview. The hidden link between habits and emotions and how to use it to create a feel-good daily routine. Further in the book, you'll discover the four-step method to deal with your own emotions and build better relationships with others. You will find out: Why you shouldn't suppress your emotions and how exactly to master them. One simple exercise to recognize your emotions as they are happening. The easiest anger management technique. The Feelings Pot exercise to release negative emotions in days instead of years. Finally, Diane gives you more practical tips and tools to help you wield Emotional Intelligence such as: The Two Stars and a Wish technique to give feedback. Emotional triggers to free yourself from toxic relationships. The step-by-step method to communicate how you feel without making the other person defensive. The 'I' statements technique to avoid unnecessary conflict. Seven techniques to improve all relationships in your life - with yourself, friends, family, spouse, and co-workers. The Detachment method to overcome your fear of rejection. Real-life conversations that show EQ in action. Creating a 'force field' that absorbs criticism and protects you from emotional hurt. If you want to harness the power of emotions, communicate more effectively and have successful relationships both at work and at home, Emotional Intelligence can help. Scroll up and grab your copy now!

Anger Management for Parents

Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others

Managing Emotions to Make a Positive Impact on Your Life and Career

The Emotionally Sensitive Person

The Small Changes That Change Everything

Master Your Emotions

EQ, Applied

Discover the best way to Master Your Emotions and develop true Emotional Intelligence! Are you tired of letting your emotions get the better of you? Are you sick of feeling overwhelmed by your emotions when you know you should have the strength to control yourself? Emotional intelligence has become an essential quality in our modern society. However, in such a noisy world, it seems like mastering your emotions is something only accessible to a selected few. Well, the truth is that it doesn't have to be this way. Discovering how to master your emotions can be done extremely efficient if you take the right approach. In this book you will discover: - What our emotions actually are and what core emotions are responsible for everything we feel. - The importance of discovering your emotional map and how you can use it to improve your sate of being. - When and if you should control your emotions or just be in the moment with them. - The dangers we face if we leave our emotions unchecked.An easy to follow book structure where we take one emotion at a time. - Clear step by step guidelines and scenarios which you can relate to and allow you to understand each emotion that much better. - A bonus chapter which will cover the emotion most people tend to overlook. I'm going to be honest with you...mastering your emotions is no easy task. However, the benefits of developing high emotional intelligence are immense. This book discusses one emotion per chapter. This will keep you from getting overwhelmed and will allow you to progress at your own speed. Nothing will be left to guesswork and you will be armed with the knowledge required to master every emotion for the rest of your life. The journey to self-improvement must begin with self-acknowledgment. It might sound scary but there is no other way. If you have the courage to start this journey and discover how to never let your emotions get the better of you, then scroll up and Order Now! GET SMART ABOUT YOUR EMOTIONS! You've probably noticed that it's not the smartest people that are the most successful or the most fulfilled in life; being clever, talented or skilled is not enough. It's your ability to manage your feelings, other people, and your interactions with them that makes the difference. UNLOCK YOUR TRUE POTENTIAL Instead of thinking of emotions as being positive or negative, you'll learn that all emotions have a positive intent - all emotions have our best interests in mind. When you improve your emotional intelligence, you can think clearly and creatively, manage stress and challenges, and communicate well with others. A special bonus chapter on personal confidence helps you be more assertive and motivate yourself and others. This book helps you: Express how you feel, what you want and don't want Understand what others are feeling Manage office politics and navigate the social complexities of the workplace Handle bullying Deal with anxiety, anger, and disappointment

Emotions are what make us human. They allow us to experience feelings of happiness, sadness, pleasure, pain, excitement, and boredom. In this way, they make us feel alive! The downside to this, however, is that sometimes negative emotions seem to take the reins and get the best of us. If we're not careful, we inadvertently allow our emotions to rule us instead of the other way around. When this happens, it's difficult to think rationally, and problems usually occur as a result. We tend to do unpleasant things that we often regret later on. This book is designed to assist you in managing your emotions and controlling your emotional responses to external factors. It will provide specific steps to train yourself how to stay calm during stress and to remain happy regardless of external pressure or frustrating circumstances. By learning how to control your emotions instead of allowing them to control you, you're going to discover a new level of self-resiliency that will transform various other aspects of your life as well, from the foundation up. If this sounds exciting to you, then grab this book now and let's get started!

Discover How to Master Your Inner Self: This Includes 2 Manuscripts at a Special Price- Breaking Overthinking & Master Your Emotions We oftentimes look towards the outside world to find the roots of our problems. However, most of the times we should be looking inwards. Our mind and our emotions determine our state of being in the present moment. If those aspects are left unchecked we can get easily overwhelmed and are left feeling unfulfilled every single day. This book contains 2 manuscripts designed to help you discover the best and most efficient way to control your thoughts and master your feelings. For a limited time, you can get these 2 manuscripts in 1 for a special price! In the first part of the bundle called "Breaking Overthinking" you will discover: - How overthinking can be detrimental to your social life. - The hidden dangers of overthinking and what can happen to you if it's left untreated. - How to declutter your mind from all the noise of the modern world. - How overthinking affects your body, your energy levels, and your everyday mood. - How your surroundings affect your state of mind and what you NEED to do in order to break out of that state. - Bad habits we perform every day and don't even realize are destroying our sanity (and how to overcome them properly). - How to cut out toxic people from your life which cloud your judgment and make you feel miserable. The second part of the bundle called "Master Your Emotions" will teach you: - What our emotions actually are and what core emotions are responsible for everything we feel. - The importance of discovering your emotional map and how you can use it to improve your sate of being. - When and if you should control your emotions or just be in the moment with them. - The dangers we face if we leave our emotions unchecked. - An easy to follow book structure where we take one emotion at a time. - Clear step by step guidelines and scenarios which you can relate to and allow you to understand each emotion that much better. - A bonus chapter which will cover the emotion most people tend to overlook. The journey to self-improvement must begin with self-acknowledgment. If you have the courage to start this journey and take control of your inner self, then scroll up and Order Now!

Controlling Your Emotions, Before They Control You

Emotional Agility

Emotional Intelligence

Master Your Emotion

Nothing's Wrong

Keeping Your Feelings from Running the Show

Savor Every Bite

In this age of social media attacks, broken commitments, and rampant corruption, a high emotional intelligence quotient, or EQ, is more important than ever. Justin Bariso brings the concept of emotional intelligence up to date and into the real world, combining scientific research with high-profile examples and personal stories. EQ, Applied teaches you how to channel your strongest feelings in a way that helps, not harms you--or others--enabling you to break down barriers and improve the quality of your relationships. You'll learn how thoughts and habits affect emotions, and how to replace bad habits with healthier ones. You'll see why even negative feedback is a gift, and when being empathetic can actually get you into trouble. Finally, you'll learn how people can use your emotions to manipulate you, and how you can guard yourself against such attempts, leading to greater mental and emotional strength. EQ, Applied gives you a set of practical tools and exercises that inspire you to be more helpful, move past resentment, and develop your more authentic self. By increasing your knowledge about emotions, you'll better understand yourself and make wiser decisions. It's time to put your emotions to work.

In this timely book, readers will find practical help in cutting loose the emotional baggage that paralyzes. This easy-to-read hands-on guide will aid struggling believers as they: deal with depression, overcome anger, understand feelings, take responsibility, forgive others, slay the giant of fear, handle stress, and praise God in the midst of problems.

Have you ever said something hurtful and nasty, then immediately regretted the words? Have you ever reacted intensely to something, and later wished you hadn't? How many times during the day do we show our feelings or bare our souls to people, only to be shamed later? All this happens to almost every one of us, every day of our life, all because we don't know how to control our emotions. Yes, that's where the problem lies: our emotions! Our emotions are often so intense and so powerful that we can't seem to control them. Be it the positive ones like love and happiness, or the hatefully negative ones like anger and contempt, our emotions are better hidden inside us. When we unleash them to the world without a second thought, we might become the reason behind someone's unhappiness and suffering. It is extremely important to learn how to control our emotions, all the different kinds we experience and feel every second, every minute, every hour and every day of our lives. Emotions should be controlled and managed, hidden away until we know exactly how to reveal them, and only to the right people. "How to control your Emotions" isn't just a book based on researched, but my own journey. After my own life was changed drastically because I couldn't control my own emotions on a very important day of my life, the idea for this book came to me. I researched it, added my own thoughts and experience to it, to make this book a guideline for all the people who, just like me, has trouble controlling their own emotions when the situation demands it.

The modern workplace is often thought of as cold and rational, as no place for the experience and expression of emotions. Yet it is no more emotionless than any other aspect of life. Individuals bring their affective states and emotional "buttons" to work, leaders try to engender feelings of passion and enthusiasm for the organization and its mission, and consultants seek to increase job satisfaction, commitment, and trust. This book advances the understanding of the causes and effects of emotions at work and extends existing theories to consider implications for the management of emotions. The international cast of authors examines the practical issues raised when organizations are studied as places where emotions are aroused, suppressed, used, and avoided. This book also joins the debate on how organizations and individuals ought to manage emotions in the workplace. Managing Emotions in the Workplace is designed for use in graduate level courses in Organizational Behavior, Human Resource Management, or Organizational Development - any course in which the role of emotions in the workplace is a central concern. Scholars and consultants will also find this book to be an essential resource on the latest theory and practice in this emerging field.

Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life

Get Unstuck, Embrace Change, and Thrive in Work and Life

Manage My Emotions

People I Met at the Gates of Heaven

Managing Emotions

Feelings and Faith

Contagious Joy

One of the world's leading practical Bible teachers offers a comprehensive guide to the range of emotions that we feel every day and shows how to manage them instead of letting them manage you.

When we are regularly undone by our emotions, we become victims of damaged relationships, trapped circumstances, self-sabotage, and illness. Don't Let Your Emotions Run Your Life offers help to all of us who want to gain the upper hand on our feelings and our lives. Even high reactors, people disposed to experiencing strong, even overwhelming emotions on a regular basis, will find its strategies easy to use and effective at managing frequent emotional flare-ups. This book develops proven DBT techniques into worksheets, exercises, and assessments that show you how to pay attention to emotions when they arise, assess blocks to controlling them, and overcome them to eliminate overpowering feelings. Learn what emotional triggers exist in your environment and become less judgmental about yourself when you do experience a surge. Avoid or reduce the distress that strong emotions cause you. This workbook teaches you to reduce the impact of painful feelings and increase the effects of positive ones so that you can tolerate life's ongoing stresses and achieve a sense of calm coexistence with your emotions.

This new classic helps readers discover what the Word of God says about our emotions -- and how we can take control of them to claim the victory!

Emotion is not the enemy. We just need to decipher them and learn tools for regulation and resilience. We all get knocked down and face hardships, but we always have the choice to get back up or not. What will your choice be? Learn to train your emotions and tame your reactive brain. Control Your Emotions is the rare book that understands where you've been, the obstacles you've overcome, and what you need to make sure you are in full control of your life at all times. This is a stunningly detailed and insightful guide into our emotions, our triggers, and why we act against our own interests so frequently. The key to our emotions is NOT to just "think calm and meditate" or "be mindful and grateful." This book avoids unhelpful platitudes and gives you real advice, borrowing from all fields, such as psychology, counseling, behavior science, evolutionary biology, and even Buddhism and Stoicism. This book gives you the tools for emotional success and the daily happiness and calm you seek. Don't let your emotions dictate your decisions and life. Patrick King is an internationally bestselling author and social skills coach. He has sold over a million books. His writing draws of a variety of sources, from research, academic experience, coaching, and real life experience. Discover your inner strength and calm. -Understand the biological and psychological purposes of emotions. -Find what triggers your deepest and strongest emotions. -Learn how to properly express yourself for greater understanding. -Tools to recognize and regulate in the heat of the moment. -The power of gratitude, savoring, and journaling. -How to activate your "emotional immune system." This book is the blueprint for what to do when you inevitably get knocked down. The path to what we want is never easy; controlling your emotions gets you from Point A to Point B.

Effective Ways to Maintain Your Cool When The Situation Demands It

Healing from Brokenness

Don't Let Your Emotions Run Your Life

Mindful Ways to Eat, Love Your Body, and Live with Joy

Living Beyond Your Feelings

Tiny Habits

How to Stay Calm When Facing Stress, Pressure, Or Frustration ← Emotional Management - Emotional Control)

#1 Wall Street Journal Best Seller USA Today Best Seller Amazon Best Book of the Year TED Talk sensation - over 3 million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David

shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, Emotional Agility serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

Emotions are a powerful and important part of life, but sometimes it feels like they are out of control. Mild frustration quickly turns to anger. Sadness becomes despair. Disappointment deepens into bitterness. You may begin to wonder if you control your feelings or if they control you! Amy Baker explains that our emotions don't have to run our lives. Instead, our emotions can reflect God's character even in our broken world. Through discussing how Jesus expressed his emotions and working through practical examples of real-life struggles, she shares how the gospel offers new handling your emotions productively and reshapes the desires and interpretations that fuel your feelings.

When you have difficulties managing your emotions, it can feel like you're losing control of your whole life. Anger, hurt, grief, worry, and other intense feelings can be overwhelming, and how you react to these emotions can impact your ability to maintain relationships, succeed at work, or even think straight! If you find it difficult to understand, express, and process intense emotions—and most of us do—this book is for you. Calming the Emotional Storm is your guide to coping with difficult emotions calmly and responsibly by using powerful skills from dialectical behavior therapy. This method combines cognitive behavioral techniques with mindfulness practices to change the way you respond to stressful situations. By practicing these skills, you can stop needless emotional suffering and develop the inner resilience that will help you weather any emotional storm. This book will teach you how to:

- Establish a balanced life for an everyday sense of well-being
- Let go of unwanted worries and fears
- Become better at accepting yourself and others
- Work through a crisis without letting emotions take over

God designed us to have emotions, but he doesn't want us to be controlled by them! In this Bible study, readers will learn how to master their emotions and achieve inner peace. We all have emotional ups and downs—they're part of everyday life. But some days, our feelings can seem out of control. We find ourselves reacting to everything that lands in front of us. We live at the mercy of our emotions, and we feel like we just can't help it. But it doesn't have to be this way. We can't control what we feel, but we can manage how we react to those emotions. We can take the time to understand the feelings that God has given us, explore what God says about them in His Word, and learn His techniques for how to manage them. When we do, it becomes easier to set down the things that are troubling us and make room for joy in our lives. Perfect for personal reflection or small groups, this Bible study will help you detach from the emotions that shape your day and cultivate the attitude you want.

Permission to Feel

Develop Emotional Intelligence and Discover the Essential Rules of When and How to Control Your Feelings

How Dialectical Behavior Therapy Can Put You in Control

Women of Faith Study Guide Series

Managing Your Emotions for a Healthier Life

What I Wish I'd Learned in School about Anger, Fear and Love

Finding Peace When Your Emotions Overwhelm You

Have you been hurt by someone and want to learn to trust again? Do you need help with your sadness or anger? Are you looking for relief from shame, anxiety, or fear? Do you desire the true happiness and love that come with emotional healing? Christian psychologist and bestselling author Dr. Mark Baker shows how to handle eight basic human emotions in order to heal from emotional pain—and discover the bright future God has in store for you. Managing Your Emotions for a Healthier Life is the same compassionate advice he shares with his clients, allowing you to reap the benefits of expert counseling from the comfort of your own home.

-Are you frustrated by emotions that are limiting you from being successful? -Are you looking for a deeper understanding of how emotions shape our lives? -Are your emotions getting in the way of your success at work or relationships? -Do you want to learn the tools for change? If so, this is the book for you. It examines a range of emotions, like fear, anger, joy, compassion, grief and love. It considers how these motivate us, how they sabotage us, and offers us a wide range of strategies to address them. With an emphasis on emotional management, the goal is finding a balance across a range of emotions. In it, you will find clear, simple examples to help demonstrate common concerns and solutions in a range of areas, including communication, relationships, employment, substance use, and culture.

Some things should be taught in school, but since they aren't, they are here. If you don't want to make changes for the better, this book is not for you. But if you are ready for something more, read on....

Managing emotions is challenging especially for little ones navigating the way they respond to the world around them. Manage Your Emotions before they manage you provides a variety of ways for young readers to explore several self-management, self-care and healthy coping mechanisms that apply to everyday life. Manage Your Emotions instills in every reader that changing your mindset is the foundation of healthy social emotional growth.

The average person has 70,000 thoughts every day, and many of those thoughts trigger a corresponding emotion. No 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 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. 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 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 words on emotions, anger & resentment, sadness, loss & grief, fear, guilt & regret, the power of replacing reactions with pro-actions, and the benefits of happiness.

This Book Includes - Break Overthinking & Master Your Emotions

The Real-World Guide to Emotional Intelligence

Put Your Feelings Here

A Man's Guide to Managing His Feelings

Cultivating Godly Emotions in the Christian Life

Control Your Mind and Master Your Feelings

Gain Balance, Resilience, and Calm; Find Freedom from Stress, Anxiety, and Negativity

Most of us live at the mercy of our emotions. When we're up we're happy, content, and joyful, but when we're down we're depressed, angry, and frustrated. What's more, we often have mixed emotions, conflicting emotions, or fleeting emotions. All of this leaves us feeling at war with ourselves. In this study, readers will discover that there is hope! While we can't necessarily control what we feel, we can manage how we react to those emotions. We can lean into the feelings that God has given each of us, explore what God says about them in His Word, and learn God's perspective on how to manage them. When we do, we will find that our emotions can be our allies!

Each of us has experienced something that left us broken and in pain. We need to recognize we are not alone—there are others who have been where we are, and God understands how we feel. We live in a broken world, but Jesus came to make us whole. In this study readers will learn how to recognize in their hearts they are children of God and made free, how to break free of the cycle of pain and not pass on the same legacy of sin and pain, how to forgive those who have wronged us and be reconciled, how to get past feelings of injustice, and how to experience joy even in the midst of suffering.

This is the book you've been waiting for! Picking up where bestselling 90 Minutes in Heaven left off, Don Piper reveals for the first time the sacred, intimate details of the people who met him at the gates of heaven and the profound impact they had on his faith on earth. In this incredible follow-up to his eight-million-copy bestseller, 90 Minutes in Heaven, Don Piper shares untold stories about his encounters with people who greeted him at the gates of heaven, and offers powerful insights about the way for us to live our lives on earth. Don Piper's unforgettable account of a horrific car accident that took his life, and what happened next has riveted more than eight million readers. Something happened as he shared his story in the years since. Not only did Piper realize he had more to tell, he had yet to share the most sacred and intimate details of his time in heaven about the people who met him at the gates. "I have never left a speaking engagement without people wanting to know more," he said in THE PEOPLE I MET IN HEAVEN, Piper takes readers deeper into his experience, which includes never-before-told encounters with the people who met him when he arrived in heaven—those who helped him on his journey that led to the entrance to God's heavenly home. Even more, Piper recounts the majesty of heaven and the glorious reunion that awaits us there. He offers practical insights, inspiration, and a challenging call that while we're on earth we need to obey Jesus' command to "go and make disciples of all nations."

The mental well-being of children and adults is shockingly poor. Marc Brackett, author of Permission to Feel, knows why. And he knows what we can do. "We have a crisis on our hands, and its victims are our children." Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how.

Emotional Intelligence: How to Develop Emotional Intelligence, Control Your Emotions and Live the Life You Want

This Book Includes: Emotional Intelligence, Empath, How to Talk to Anyone, Overthinking. Change Your Habits and Mindset Through Self Discipline, Mindfulness And Positive Thinking.

Managing Your Emotions

Don't Let Your Emotions Run Your Life for Teens

Manage Your Emotions Before They Manage You

Harnessing Your Emotions

Control Your Emotions

Emotions Are: Off the top of your head, you could probably think of times when you've been very emotional and lost control at the slightest set back or challenge. You then had to come back and apologize for how your emotions overtook you. NO MORE! Harnessing Your Emotions teaches us how to take responsibility for our emotions and control ourselves. Andrew Wommack shares from his own experiences, including his time in Vietnam. He shows us why we have emotional problems, gives solutions from the Bible, and tells why God's answers will bring lasting results. Controlling your emotions is easier said than done, but the point is, it is possible! Everyone can benefit from this book. There is not one person who can ignore or neglect the emotional part of their lives and still be successful and fulfilled in life. The truths from God's Word pointed out in this book ensure that your emotions and actions will never be the same again. Meant For Enjoyment Created To Be Good To Be Controlled By Each Individual

How to stop being so angry as a parent and start learning how to empathize, resolve tantrums calmly, and achieve a more peaceful household, even if you can't seem to stop yelling. When your child is yelling, screaming, not doing as they're told, and running amuck, what's usually your first reaction? Do you: Stare at the wall and wish it would all just go away? Calmly corral them and work through the issue together, as a family team? Yell and scream back, getting both yourself and your child more worked up in the process? If you answered the third option, this book is exactly the guide you need to learn how to avoid those emotional outbursts and teach yourself (and your child in the process) how to work past anger to find resolutions. No parent is perfect. This book won't tell you that you have to be a perfect parent in order to raise a confident child. We're all human, after all. Perfection in parenting is a myth, but what's not a myth is that using anger to control and discipline your children is not only ineffective, it can lead to trauma down the road. All we want is what's best for them, and what we can tell you is that anger is not the ticket. But what can you do when emotions are running high and your first instinct is to start tearing your hair out? That's where anger management comes in. Through the lessons and examples in this book, you'll quickly realize that there are so many other options besides anger that can not only end tantrums and meltdowns, they can also help you bond with your child. Anger Management for Parents will help you discover: Exactly what makes parents angry and why anger is the first emotion to spring up What anger is and why it's programmed in us Types of anger that can occur in parenting situations How to connect with your child through compassion instead of scaring them away with anger The best anger management skills for parents And so much more! Being a parent is hard. Learn how to make it easier on yourself and your child. After all, your child is your baby, and don't you want to find out how to give them the best chance at life? Don't you want to raise them to be happy, healthy, and confident? All of that starts with you. All of that starts with how you manage your emotions. If you're ready to end the cycle of screaming and discover a new way to approach parenting, click "add to cart."

Savor your food, soothe difficult emotions, and enjoy every moment with powerful mindfulness practices! Do you turn to food when you're feeling bored, depressed, or anxious? Do you judge your body for not fitting into some ideal shape or size? If so, you aren't alone. Diet culture has sabotaged our relationship with food and our bodies. As a result, many of us are confused—attaching shame to our food choices and judging our bodies. It's time to break free! Savor Every Bite offers powerful mindfulness and compassion practices for soothing difficult emotions and cultivating positive coping strategies. From psychologist and mindful eating expert Lynn Rossey, this book provides daily tips and tools for whole-body healing—including how to eat mindfully, move your body in ways that feel delicious, and live with greater ease and joy.

With this guide, you'll learn mindfulness skills to help you navigate the difficulties of daily life and cultivate a lasting sense of calm, clarity, and profound happiness. It's time to start savoring your life!

The roller-coaster of emotional turmoil can be devastating. Fear, anger, and stress take their toll, and families are hurt, job performance suffers, and self-esteem plummets. Is there hope? In this hands-on guide, readers will find practical help in: dealing with depression, overcoming bitterness, understanding feelings, forgiving others, and praising God in the midst of problems. True stories, emotional evaluations, personality charts, and biblical counsel make this book understandable and interesting. (Formerly What to Do Until the Psychiatrist Comes.)

Calming the Emotional Storm

Instead of Your Emotions Managing You!

Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive

Instead of Your Emotions Managing You

Who Is Going to Be There Because of You?

Do you want to know how to Master Your Emotion? Your customers will never stop using this amazing guide! In this collection you can find the most effective books for helping you gain control over your life and mind, improving your self-esteem, your self-control and your relationships. Emotional intelligence can easily be understood as the ability of an individual to identify, understand, use and control emotions. A person who has high emotional intelligence has various advantages in the current life. Empathy is the ability to share and understand the feelings of another. How to Talk to Anyone Every (good) speaker knows that the best delivery is one that makes each person in the audience feel every word was just for him or her. In the art of effective conversation as well as public speaking, it is imperative to take an interest in the person or persons you are talking to. Know what they like and what they don't like. Learn what interests them.

The point of view is a necessary piece of our mind. Be that as it may, it turns into an issue when we are a casualty of overthinking. What precisely is overthinking issue? We as a whole get sucked into fanatical considerations once in a while, yet when this begins to devour our lives it transforms into a genuine, incessant issue. Beating over the top musings requires an activity plan. If that you need to quit overthinking, you have to discover direct systems that work, and rehash them until they become natural. In this collection you will find: What Is Emotional Intelligence Primary and Secondary Emotions How to Observe and Express Your Emotions What Is an Empath Emotion Management The Basics of Communication Effective Oral Communication Body Language Public Speaking What Causes Overthinking How to Declutter Your Mind And Many More! Are you excited? Look no more! Buy it NOW and let your customers become addicted to this incredible book!

Let's face it: life gives you plenty of reasons to get angry, sad, scared, and frustrated—and those feelings are okay. But sometimes it can feel like your emotions are taking over, spinning out of control with a mind of their own. To make matters worse, these overwhelming emotions might be interfering with school, causing trouble in your relationships, and preventing you from living a happier life. Don't Let Your Emotions Run Your Life for Teens is a workbook that can help. In this book, you'll find new ways of managing your feelings so that you'll be ready to handle anything life sends your way. Based in dialectical behavior therapy (DBT), a type of therapy designed to help people who have a hard time handling their intense emotions, this workbook helps you learn the skills you need to ride the ups and downs of life with grace and confidence. This book offers easy techniques to help you:

- Stay calm and mindful in difficult situations
- Effectively manage out-of-control emotions
- Reduce the pain of intense emotions
- Get along with family and friends