



Managing Emotions: How to Stay Calm When Facing Stress, Pressure, or Frustration ~ (Emotional Management | Emotional Control)

Melinda Bauer

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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!

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