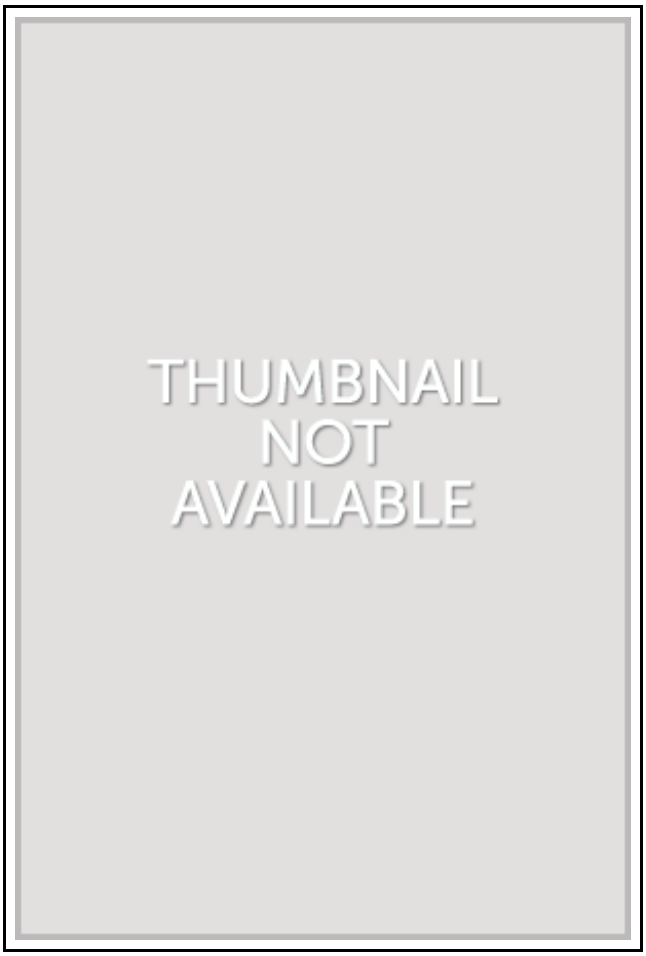
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EMOTIONAL MASTERY: TAKE CONTROL OF YOUR EMOTIONS FOR A HAPPY SUCCESSFUL LIFE (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Our emotions are powerful and they can lead us to feelings and thoughts of happiness and joy or sadness and devastation. Everyone of us are faced with not only our own emotions but the emotions of others, as well. Learning to master our emotions and how to appropriately respond to the emotions of others is critical to living a successful and happy life. Failure to master our emotions can lead to poor physical health and depression. The good news is that we do not have to be creatures of emotion based reaction behavior but can live the life of success, prosperity and love we deserve. Emotional Mastery will lead you to awareness of the root cause or triggers of your emotions and give you effective methods for dealing with them and increasing your emotional intelligence. Contrary to the belief of some, our emotions are not necessarily the result of upbringing, social status, or environment. Our emotions should not control us but serve us giving us more management over our lives and improving our relationships. Each of us have within us the power to rein over our emotions and redirect them to become powerful tools of enhanced self-awareness, rapid problem and conflict resolution, influential interpersonal skills, stronger relationships, career success, and enable us to live the happy life we all dream of. You have the power to rein over your emotions and even control them. You have the power to be happy, even when you think it s impossible, and you have the power to change the way you feel. You will soon find that even the most difficult circumstances will be handled with maturity and can no longer...

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