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## Emotional Stress Management 2.0: 40 Tips for Taming Your Turbulent Emotions (Paperback)

By Stephanie Eissinger

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Tame Your Turbulent Emotions and Get Your Peace Back Intense negative emotions create stress. The emotions, themselves, are not the problem. Rather, it s how individuals interpret and react to their emotions and their circumstances that is the determining factor in the amount of stress they experience. The ability to cope in a healthy manner is dependent on the person s response to uncomfortable emotions. Stress is generated by how they think and feel about events, their situation, and themselves. Your capacity to successfully manage and/or let go of negative emotions is a key factor in mitigating how stress impacts you emotionally, mentally, and physically. This second book in the Stress Management 2.0 series is an essential resource of 40 effective tips to relieve stress and increase emotional intelligence. The strategies are a guide to: -de-clutter inner closet space by releasing toxic emotions that have been held on to from the past- manage strong negative emotions when they emerge in the present, preventing them from taking up too much internal space - savor positive and joyful emotions, becoming more resilient to...



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