



Emotions Simplified: A Practical Self-Help Workbook: A 5-Part Holistic Approach to Unlocking Your Best Potential (Paperback)

By Glenda D Quinto

Alchemy Publishing Group, LLC, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.From the moment we re born, our emotions begin to define us. As we grow, we direct those emotions both inward and outward. Some feelings reflect on our innermost lives-our sense of self. Many others reflect on those around us-our families, romantic partners, friends, and professional colleagues. At times, these emotions can be overwhelming. But if we are to live fulfilled lives, we must learn to holistically manage, and reap the benefits of, healthy internal and external relationships. In her new book, Emotions Simplified: A Practical Self-Help Workbook, personal growth specialist Glenda D. Quinto presents an easy-to-follow handbook for managing this emotional growth, and reaching your greatest potential. She focuses on the most important facets of our emotional lives, including self, family, love partners, friends, and colleagues. With each analysis, she guides you toward a better understanding of your unique potential. Practical exercises and clear-cut explanations make Quinto s principles easily applicable to your everyday life. Emotions Simplified: A Practical Self-Help Workbook is the perfect choice for anyone who is open to self-exploration with the goal of greater internal contentment,...



READ ONLINE
[6.18 MB]

Reviews

It becomes an awesome publication that I actually have actually read. It really is written in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Talia Cormier**

Thorough information for ebook enthusiasts. It is really fascinating through reading through period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Hillard Macejkovic**