

The Language of Emotions: What Your Feelings are Trying to Tell You (Paperback) - Common

By (author) Karla McLaren



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Most of us relate to our emotions by either running from the difficult ones or clinging to the pleasant ones. Karla McLaren suggests a radical new perspective: that all of our emotions are equally important messengers, ready to assist us in acting with full awareness and integrity. With The Language of Emotions, this empathic counselor and researcher gives us a breakthrough guide toward a new and ...

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