



Little Book of Big Emotions: How Five Feelings Affect Everything You Do (and Don't Do)

Erika M Hunter

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Mad. Sad. Glad. Scared. Ashamed. for many people, these five ordinary and necessary emotions lead to "big" emotional turmoil. As Erika Hunter expertly explains, you can create greater peace and clarity in your life when you learn to identify and accept your true feelings--and release unwanted emotions.

EXCERPT: "To lead whole, healthy lives, we experience our feelings, name them, and chose whether to act on them. No one else can do this for us. Our emotional lives are constantly changing, and our emotions are important clues to discovering what we truly value and what we will become."

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Numbers Harless:

People live in this new moment of lifestyle always make an effort to and must have the extra time or they will get great deal of stress from both everyday life and work. So , if we ask do people have time, we will say absolutely sure. People is human not really a huge robot. Then we ask again, what kind of activity do you have when the spare time coming to a person of course your answer will unlimited right. Then do you try this one, reading textbooks. It can be your alternative in spending your spare time, the actual book you have read is definitely Little Book of Big Emotions: How Five Feelings Affect Everything You Do (and Don't Do).

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Kelley Hardy:

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