

Emotions



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著者:Barrick, Marilyn C.

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Scientists have demonstrated the link between emotional-balance and physical and mental well-being. When we learn how to handle our emotions, we can achieve balance in body, mind and soul. Here, Dr Marilyn Barrick, a transformational psychologist, takes the study of our emotions -- and how to deal with them -- to the next level. You will discover how to release anger, guilt and grief in a healthy way to experience inner joy. The author shares techniques such as trauma-release therapy, peaceful self-observation and using nature as healer to help us realise loving-kindness, mindfulness and tolerance. She also shares successful spiritual techniques she has developed in her practice. In these uncertain times, this is an invaluable guide to creating heart-centeredness in a turbulent world.

作者介绍:

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