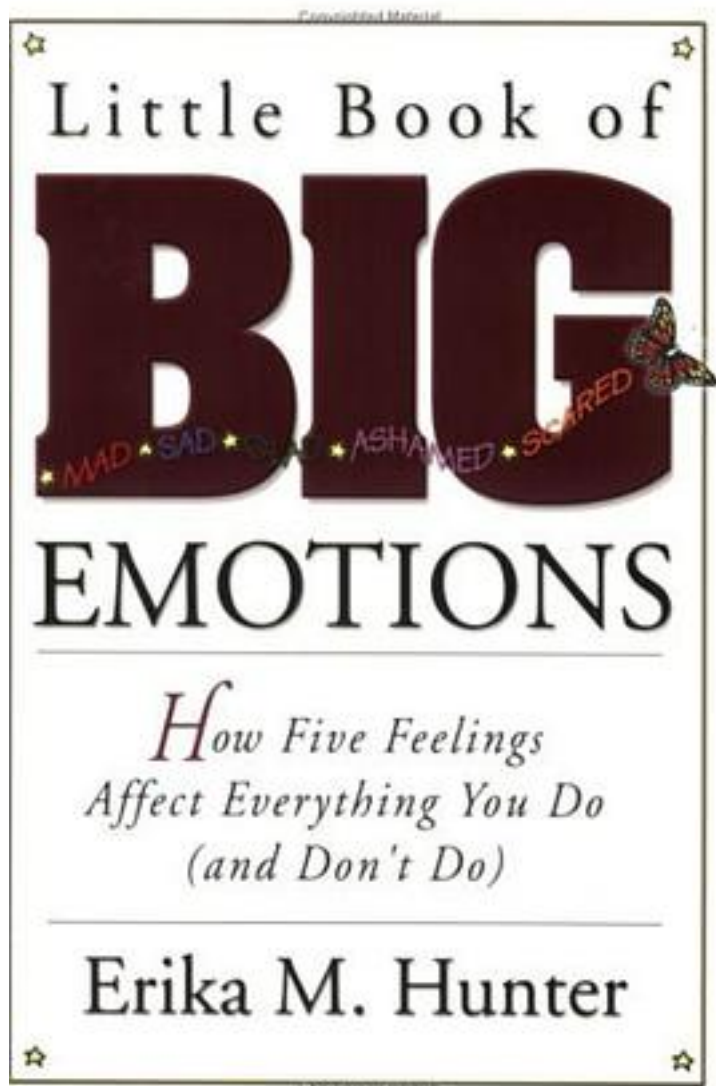


Little Book of Big Emotions



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Mad. Sad. Glad. Scared. Ashamed. These are the five fundamental human emotions that can lead to "big" emotional turmoil, observes Erika M. Hunter. However, when we understand the unique energy of these core emotions and how we as individuals experience and process each of theses emotions, we are free to lead fuller, happier lives. With straightforward explanations and practical exercises, Little Book of Big Emotions effectively guides readers in not only identifying and accepting their true feelings but also in transforming and releasing unwanted emotions.

作者介绍:

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