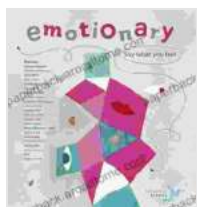


Emotionary: Say What You Feel



Emotionary: Say what you feel by Rafael R. Valcárcel

★★★★☆ 4.6 out of 5

Language : English
File size : 20855 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 98 pages
Lending : Enabled



Are you tired of feeling overwhelmed by your emotions?

Do you wish you could communicate your feelings more clearly and effectively?

Do you want to build stronger relationships and live a more fulfilling life?

If so, then Emotionary is the book for you.

Emotionary is the ultimate guide to expressing your feelings. This comprehensive book provides you with the tools and techniques you need to identify, understand, and express your emotions in a healthy and effective way.

With Emotionary, you will learn how to:

* Identify and understand your emotions * Communicate your feelings clearly and effectively * Regulate your emotions in a healthy way * Build stronger relationships * Live a more fulfilling life

Emotionary is written by Dr. Susan David, a world-renowned psychologist and expert on emotional intelligence. Dr. David has spent years researching the science of emotions and has developed a proven method for helping people to express their feelings in a healthy and effective way.

Emotionary is a must-read for anyone who wants to improve their emotional intelligence and live a more fulfilling life.

What people are saying about Emotionary:

"Emotionary is a groundbreaking book that will change the way you think about emotions. Dr. David provides a wealth of practical tools and techniques that will help you to identify, understand, and express your feelings in a healthy and effective way." - Daniel Goleman, author of Emotional Intelligence

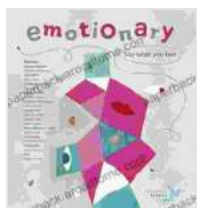
"Emotionary is a must-read for anyone who wants to improve their emotional intelligence and live a more fulfilling life. Dr. David's writing is clear, concise, and engaging, and she provides a wealth of practical advice that can be applied to all aspects of life." - Arianna Huffington, founder and CEO of Thrive Global

"Emotionary is a powerful and transformative book that will help you to understand your emotions and communicate them in a healthy and effective way. Dr. David's insights are invaluable, and her writing is both

engaging and accessible." - Esther Perel, author of Mating in Captivity and The State of Affairs

Free Download your copy of Emotionary today and start living a more fulfilling life!

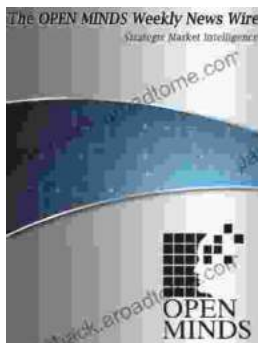
Free Download Now



Emotionary: Say what you feel by Rafael R. Valcárcel

★★★★☆ 4.6 out of 5

- Language : English
- File size : 20855 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 98 pages
- Lending : Enabled



Wisconsin Clinic Pilots Mobile Crisis Response System For Consumers With Mental Health Conditions

MADISON, Wis. - A new mobile crisis response system is being piloted in Wisconsin to help consumers with mental health conditions. The system, which is being led by...



Unleash Your Creativity: A Masterclass in Fabulous Nail Decorating Ideas

Embellish Your Fingertips with Captivating Designs and Techniques Get ready to elevate your nail art game to new heights with "Fabulous Nail Decorating Ideas," a...