



The Positive Power of Negative Emotions: How harnessing your darker feelings can help you see a brighter dawn (Paperback)

By Tim Lomas

Little, Brown Book Group, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. The pursuit of happiness is universal. Most of us would like to experience more joy and elation, but when we feel like we are falling short of this ideal, we can often feel downcast. We may even see darker emotional states, like anger and envy, as character defects or serious illnesses. In *The Positive Power of Negative Emotions*, Dr Tim Lomas reveals that these negative feelings are not only normal and natural, but may in fact serve as pathways to the very happiness and flourishing that we seek. Anger can signal that you've been treated unfairly and push you towards change. Guilt suggests that you have let yourself down, and drives you to be better. Envy can motivate you to improve yourself and your life. Boredom can be a gateway to creativity and self-transcendence. Loneliness allows your authentic voice to be heard, and teaches self-sufficiency. *The Positive Power of Negative Emotions* will be your guide to using your darker feelings to discover what you really want and the person you want to be. It will radically change the way you think about your emotional...



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