



## Language of Emotions: What Your Feelings are Trying to Tell You

By Karla McLaren

SOUNDS TRUE INC, United States, 2010. CD-Audio. Condition: New. Language: English . Brand New. Create a New Relationship with Your Emotions for Insight and Healing Your emotions contain brilliant information. When you learn to welcome them as your allies, they can reveal creative solutions to any situation. For 35 years, empathic counselor and researcher Karla McLaren has developed a set of practical tools for the real-world stresses of family, career, and the quest for personal fulfillment. On The Language of Emotions, she presents her breakthrough teachings for a new and empowering relationship with your feeling states. How to Harness the Energy of Your Emotions Your emotions especially the dark and dishonored ones hold a tremendous amount of energy. We've all seen what happens when we repress or blindly express them. However, there is a powerful alternative. On The Language of Emotions, you'll learn to meet your emotions and engage with them to safely move toward resolution and equilibrium. Through experiential exercises covering a full spectrum of feelings from anger, fear, and shame to jealousy, grief, joy, and more, you will discover how to work with your own and others emotions with fluency and expertise. Your Direct Link to Inner Wisdom When we...



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