



Managing Your Emotions

Bob Phillips



Managing Your Emotions:

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Emotional Intelligence Gill Hasson,2024-11-05 Transform the way you see the world and the way the world sees you by effectively managing your emotions The happiest and most fulfilled people are not always the cleverest or most talented skilled or educated among us Instead those who can effectively manage feelings their own and those of the people around them frequently wear that crown And now more than ever emotional intelligence is the trait you need to develop to unlock your true potential In the newly revised second edition of Emotional Intelligence bestselling author of the Mindfulness Pocketbook and career coach Gill Hasson delivers yet another insightful roadmap to navigating and harnessing your emotions You ll learn to boost your productivity happiness calm and confidence as the author explains the startlingly straightforward fundamentals of our feelings You ll also discover how to boost your EQ emotional intelligence quotient to

improve your personal and work lives manage conflict understand office politics deal with bullying and more Emotional Intelligence walks you through how to Manage anxiety and stress so they don't overwhelm you at work or at home Express yourself and your desires clearly and simply so you can get more of what you want Be more assertive so you can protect yourself and those you care about from mistreatment Emotional Intelligence remains the gold standard in effective self-guided resources for improving your mental health and your life

Managing Your Emotions Joyce Meyer, 2023-10-10

Learn to rule your emotions before they rule you with 1 New York Times bestselling author and renowned Bible teacher Joyce Meyer The highs and lows of life bring many challenges and our feelings want to swing accordingly like an emotional roller coaster taking us from one extreme to another throughout the day if we let them Our emotions serve a purpose but if we allow them to dictate how we choose to act we lose our peace and stability which only leads to confusion anxiety anger and a host of other unhealthy attitudes It's a dangerous way to live and can cause us to make bad decisions that impact ourselves and others But it doesn't have to be this way The Bible contains wisdom to help you learn to manage your emotions each day no matter what challenges life brings your way And with this 90 day devotional you'll discover how to take charge of those fickle feelings before they take charge of you

Living Beyond Your Feelings Joyce Meyer, 2011-09-06

The average person has 70 000 thoughts every day and many of those thoughts trigger a corresponding emotion No wonder so many of us often feel like we're controlled by our emotions Our lives would be much improved if we controlled them In LIVING BEYOND YOUR FEELINGS Joyce Meyer examines the gamut of feelings that human beings experience She discusses the way that the brain processes and stores memories and thoughts and then emotion by emotion she explains how we can manage our reactions to those emotions By doing that she gives the reader a toolbox for managing the way we react to the onslaught of feelings that can wreak havoc on our lives In this book Meyer blends the wisdom of the Bible with the latest psychological research and discusses the 4 personality types and their influence on one's outlook the impact of stress on physical and emotional health the power of memories the influence of words on emotions anger resentment sadness loss grief fear guilt regret the power of replacing reactions with pro actions and the benefits of happiness

Controlling Your Emotions, Before They Control You Bob Phillips, 2001-03

In this timely book readers will find practical help in cutting loose the emotional baggage that paralyzes This easy to read hands on guide will aid struggling believers as they deal with depression overcome anger understand feelings take responsibility forgive others slay the giant of fear handle stress and praise God in the midst of problems

Managing Your Emotions for a Healthier Life Mark W. PhD Baker, 2020-11-17

Have you been hurt by someone and want to learn to trust again Do you need help with your sadness or anger Are you looking for relief from shame anxiety or fear Do you desire the true happiness and love that come with emotional healing Christian psychologist and bestselling author Dr Mark Baker shows how to handle eight basic human emotions in order to heal from emotional pain and discover the bright future God has in store for you Managing Your Emotions for a Healthier Life is the same compassionate

advice he shares with his clients allowing you to reap the benefits of expert counseling from the comfort of your own home

Master Your Emotions David Drive, 2019-10-30 Do you feel overwhelmed by stress fears and negative thoughts Do you feel weak in reaching calmness and building up self control You have to know that there is a simply solution you can use emotions positively for your personal growth through emotional intelligence concepts If you want to learn how to do it keep reading You experience negative emotions when you are angry irritated and even when you are annoyed Many are times when you get overwhelmed by these negative emotions and people notice this condition It is obvious that people want to associate with other people who are in control of their emotions You have tried constantly with big efforts to MANAGE YOUR EMOTIONS but you have not achieved the desired results Here s the deal this book is the tool that you need because it contains the protocol that will teach you to deal with emotional issues and to face them openly You will learn various strategies that have been tried and proven to work on people dealing with emotional troubles You will be able to understand emotions and how you can use them for the purposes of self development and building healthy relationships By reading this book you will be able to replace negative thoughts with positive ones If you are positive about life you can tackle any challenge that comes your way because of your smart attitude In this book you will learn The meaning of emotions and how they work How to control and change emotions The four attributes that define emotional intelligence 8 tips to eliminate negative thoughts 14 tricks to reduce stress 10 advices to overcome fears The best anger management techniques to reach calmness The best strategies to build up self control How to improve conflict resolution skills Some case studies on how to use emotions for personal growth Even if you are just a beginner but you want to deepen how to improve your life this book will give you all the tools you need to get started to do it successfully How Trough the practical contents inspired by a clever way of managing your emotions and your relationships in the day by day Would you like to know more Scroll to the top of the page and click the BUY NOW button [How to Manage Your Emotions:](#) Drew Anderson, 2025-08-14 How to Manage Your Emotions What if you could respond to life s most overwhelming moments with calm clarity and control What if your emotions once unpredictable or overpowering became powerful guides instead of internal battles How to Manage Your Emotions is your personal roadmap to transforming emotional confusion into emotional confidence Whether you struggle with anxiety anger sadness or stress this book equips you with tools insights and mindset shifts to understand navigate and transform your emotional world It s not about suppressing how you feel it s about learning how to embrace your emotions and use them as a foundation for personal strength growth and meaningful connection Inside This Book You ll Discover Understanding how emotions work and why they matter more than you think Identifying the emotional triggers that hold you back and how to break their cycle Techniques to calm overwhelming feelings and regain inner balance Why mindfulness is a game changer for emotional clarity and peace How to express your feelings without hurting yourself or others Building lasting emotional resilience and mental strength in a noisy world Letting go of anger guilt and sadness and creating space for

joy and gratitude This book is your companion for building emotional strength from the inside out Whether you re beginning your emotional growth journey or seeking practical support for deeper healing the tools in these pages are here to meet you wherever you are Scroll Up and Grab Your Copy Today Spirituality and Scientific Strategies for Managing Your Emotions Pollis Robertson PhD,2019-10-07 How do you keep a positive attitude How do you maintain a strong faith in God work hard and consistently work at forming the right daily habits that lead to success and happiness in life What stories do you tell yourself about how you manage your emotions and do you know why you are where you are on your life s journey Spirituality and Scientific Strategies for Managing Your Emotions helps you answer these questions and it will increase your awareness of the power that spirituality and science offers in your life for managing your emotions and making enriched life choices Author Pollis Robertson presents some of the major research findings on the benefits of using both spirituality and science to enhance individual well being serving as a practical guide for those who are concerned about improving their emotional intelligence By applying these principles you too can grow in your emotional intelligence skills encourage responsible decision making and foster strong personal and professional relationships among all socioeconomic classes Now is the time to become even more inspired to search for greater knowledge and continue to grow your interpersonal and professional relationship skills *Control Your Emotions* Patrick King,2019-10-21 Emotion is not the enemy We just need to decipher them and learn tools for regulation and resilience We all get knocked down and face hardships but we always have the choice to get back up or not What will your choice be Learn to train your emotions and tame your reactive brain Control Your Emotions is the rare book that understands where you ve been the obstacles you ve overcome and what you need to make sure you are in full control of your life at all times This is a stunningly detailed and insightful guide into our emotions our triggers and why we act against our own interests so frequently The key to our emotions is NOT to just think calm and meditate or be mindful and grateful This book avoids unhelpful platitudes and gives you real advice borrowing from all fields such as psychology counseling behavior science evolutionary biology and even Buddhism and Stoicism This book gives you the tools for emotional success and the daily happiness and calm you seek Don t let your emotions dictate your decisions and life Patrick King is an internationally bestselling author and social skills coach He has sold over a million books His writing draws of a variety of sources from research academic experience coaching and real life experience Discover your inner strength and calm Understand the biological and psychological purposes of emotions Find what triggers your deepest and strongest emotions Learn how to properly express yourself for greater understanding Tools to recognize and regulate in the heat of the moment The power of gratitude savoring and journaling How to activate your emotional immune system This book is the blueprint for what to do when you inevitably get knocked down The path to what we want is never easy controlling your emotions gets you from Point A to Point B **Managing Your Emotions** Erwin W. Lutzer,1983-04 Managing Your Emotions Amy Baker,2013-09-30 Emotions are a powerful and important part of life but sometimes it feels like they are out of

control Mild frustration quickly turns to anger Sadness becomes despair Disappointment deepens into bitterness You may begin to wonder if you control your feelings or if they control you Amy Baker explains that our emotions don't have to

Master Your Emotions Thibaut Meurisse, 2019-12-05 Want to overcome negative feelings Feel like you aren't good enough Need help dealing with stress Author Thibaut Meurisse presents a hands on companion to his book Master Your Emotions A Practical Guide to Overcome Negativity and Better Manage Your Feelings Master Your Emotions is your how to manual to improve your emotional state With the help of this personal workbook you'll be able to integrate the lessons from the book more deeply As a result you'll start regaining control over your emotions which will help you become happier and more optimistic The Master Your Emotions Personal Workbook will help you Develop a better understanding of how emotions work Identify the behaviors and activities that negatively affect your mood Replace negative emotions with positive ones And much more If you want practical exercises to help you take control of your mood and experience a deeper sense of fulfillment you'll love Master Your Emotions Personal Workbook This is the perfect companion to Master Your Emotions

Managing My Emotions Devotional Joyce Meyer, 2023-10-12 Learn to rule your emotions before they rule you with 1 New York Times bestselling author and renowned Bible teacher Joyce Meyer The highs and lows of life bring many challenges and our feelings want to swing accordingly like an emotional roller coaster taking us from one extreme to another throughout the day if we let them Our emotions serve a purpose but if we allow them to dictate how we choose to act we lose our peace and stability which only leads to confusion anxiety anger and a host of other unhealthy attitudes It's a dangerous way to live and can cause us to make bad decisions that impact ourselves and others But it doesn't have to be this way The Bible contains wisdom to help you learn to manage your emotions each day no matter what challenges life brings your way And with this 90 day devotional you'll discover how to take charge of those fickle feelings before they take charge of you

Controlling Your Emotions Antonio M Norton, 2022-12-21 Want to get rid of bad feelings Feel as though you lack merit Need assistance managing stress A Guide to Better Feeling Management and Overcoming Negativity Your how to guide for enhancing your emotional state is Master Your Feeling You'll be able to fully integrate the concepts from the book with the aid of this unique workbook You'll begin to reclaim emotional control as a result which will make you happier and more upbeat The personal workbook Controlling Your Emotion will assist you in Improve your understanding of how emotions function Determine the behaviors and activities that are detrimental to your mood Change negative feelings into positive ones among other things You'll adore Master Your Feelings A Personal Workbook if you're looking for doable exercises to help you control your mood and feel more fulfilled The ideal complement to Controlling Your Feelings is this

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