

# MASTERING YOUR MOODS

RECOGNIZING  
YOUR **EMOTIONAL**  
**STYLE** AND **MAKING**  
**IT WORK FOR YOU**



**DR. MELVYN KINDER**  
COAUTHOR OF  
**SMART WOMEN, FOOLISH CHOICES**

# Mastering Your Moods

**Silas Mary**

## **Mastering Your Moods:**

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there is a better way Mastering Your Moods explores depression and what you can do about it No matter how deep your depression or drastic your mood swings even if you ve struggled for years you can experience a fulfilling joyful life Thousands have struggled for years and then turned to these men for wisdom and direction and found hope and a new way of living victoriously    [Master Your Emotions](#) Vanessa Robinson,2019-11-25 Does mastering your emotions seem impossible to you

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