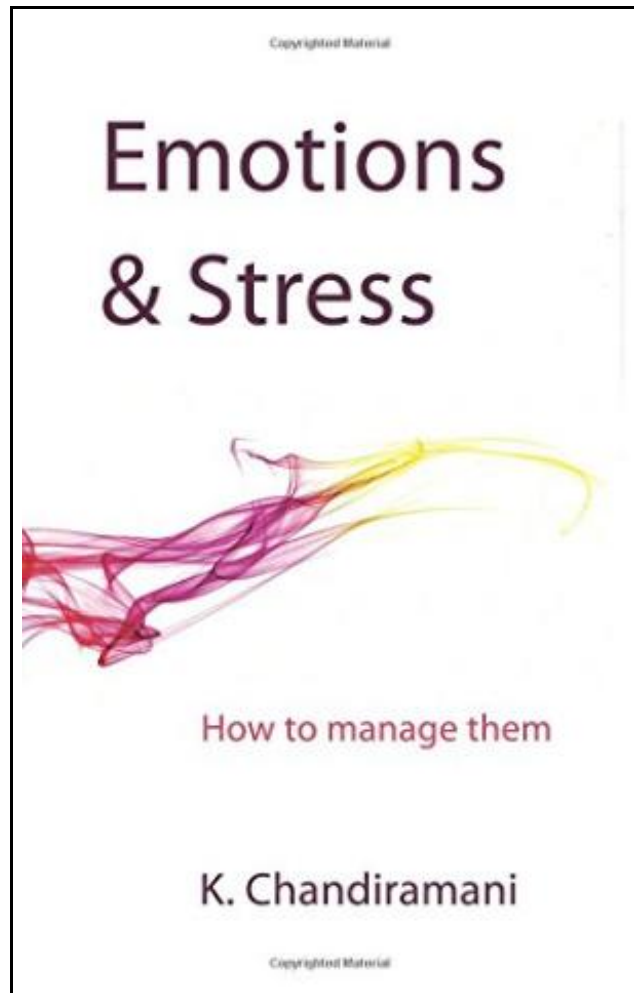


Emotions and Stress: How to Manage Them



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(Dr. Porter Mitchell)

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Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, Emotions and Stress: How to Manage Them, K. Chandiramani, There is no need to slow down to de-stress yourself - just let go of your emotional baggage so that you can run faster. Emotions and Stress: How to manage them encourages you to deal with your own stress in a way that allows you to keep moving at the same pace. But first you must ask yourself two questions: Do I really need to run? and Am I running in the right direction? This book attempts to bring together modern psychiatric and psychological practices with the ancient traditions of mankind. Based on K. Chandiramani's own work using a combination of approaches, it is designed to help anyone suffering from almost all forms of psychiatric problems including anxiety, depression, anger, psychosomatic disorders, relationship issues and work-related stress. The book is also likely to help even those who do not suffer from any psychological problems but would like to have a greater control over their emotions. Some of its chapters address existential issues that afflict all human beings, while others contain spiritual elements that facilitate the promotion of mental health and access to inner piece. Emotions and Stress can help you transform your negative emotions into positive ones. It explains the science of emotions, how they are processed in our mind, how they influence our thoughts, opinions and actions, how to be free of them and above all how to regulate them. It is a fascinating and insightful read for anyone looking for an answer to their problems, as well as those interested in or studying psychology.



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