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Emotional Intimacy: Your Untapped Source of Strength, Freedom, and Connection

By Robert Augustus Masters

SOUNDS TRUE INC, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Emotions link our bodies, thoughts, and conditioning at multiple levels. And the capacity to be intimate with our emotions, teaches Robert Augustus Masters, is essential for creating fulfilling relationships, relationships in which awareness, love, passion, and integrity function as one. With Emotional Intimacy, this respected psychospiritual teacher and author invites us to explore: How to deepen our emotional literacy Cultivating intimacy with all of our emotions The ways that we numb our unwanted feelings, and how to revive them and welcome them back How to identify our emotions, fully experience them, and skillfully express them Resolving and healing from old emotional wounds Gender differences in emotional literacy and expression Steps for bringing greater intimacy and depth into our relationships In-depth guidance for those facing depression, anxiety, and crippling shame Why blowing off steam can often make us feel worse, and what constitutes healthy catharsis Navigating activity and stimulus overload, a collective emotional pandemic of our times Individual chapters for fully engaging with fear, anger, joy, jealousy, shame, grief, guilt, awe, and the full spectrum of our emotions There are no...



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