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Little Book of Big Emotions: How Five Feelings Affect Everything You Do (and Don't Do)

Erika M Hunter

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Mad. Sad. Glad. Scared. Ashamed. for many people, these five ordinary and necessary emotions lead to "big" emotional turmoil. As Erika Hunter expertly explains, you can create greater peace and clarity in your life when you learn to identify and accept your true feelings--and release unwanted emotions.

EXCERPT: "To lead whole, healthy lives, we experience our feelings, name them, and chose whether to act on them. No one else can do this for us. Our emotional lives are constantly changing, and our emotions are important clues to discovering what we truly value and what we will become."

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