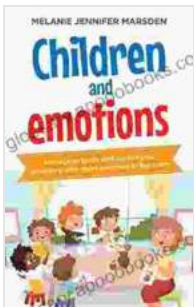


Manage To Know And Control Your Emotions With Short Exercises To Feel Calm

Are you struggling to manage your emotions? Do you feel like you're constantly being pushed around by your feelings? If so, then this book is for you. *Manage To Know And Control Your Emotions With Short Exercises To Feel Calm* will teach you how to identify your emotions, understand them, and control them. With the help of this book, you'll be able to live a more balanced and fulfilling life.



Children and Emotions: Manage to Know and Control your Emotions with short Exercises to Feel Calm

by Marsden Melanie Jennifer

★★★★☆ 4.8 out of 5

Language : English
File size : 5422 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 112 pages
Lending : Enabled
Hardcover : 462 pages
Item Weight : 1 pounds
Dimensions : 6.14 x 1 x 9.21 inches



What's Inside This Book?

- A step-by-step guide to identifying your emotions

- Explanations of the different types of emotions
- Tips on how to understand your emotions
- Exercises to help you control your emotions
- Strategies for dealing with difficult emotions

Who Is This Book For?

This book is for anyone who wants to learn how to manage their emotions. Whether you're struggling with anger, sadness, anxiety, or any other emotion, this book can help you.

Benefits Of Reading This Book

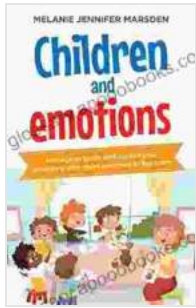
- You'll be able to identify your emotions more easily.
- You'll understand the different types of emotions and how they work.
- You'll be able to control your emotions more effectively.
- You'll be able to deal with difficult emotions in a healthy way.
- You'll live a more balanced and fulfilling life.

Free Download Your Copy Today!

Don't wait another day to start managing your emotions. Free Download your copy of *Manage To Know And Control Your Emotions With Short Exercises To Feel Calm* today. You'll be glad you did.

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