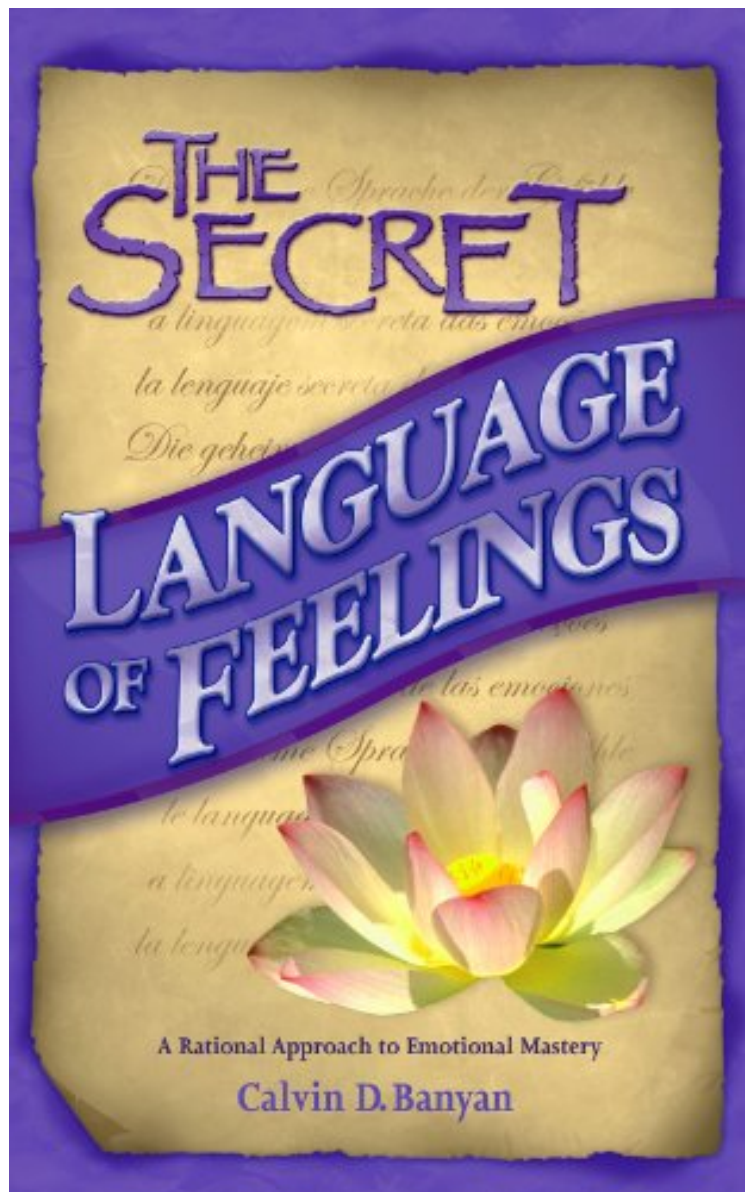


(Online library) The Secret Language of Feelings A Rational Approach to Emotional Mastery (English Edition)

## The Secret Language of Feelings A Rational Approach to Emotional Mastery (English Edition)

Von Calvin D. Banyan  
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Von Calvin D. Banyan : The Secret Language of Feelings A Rational Approach to Emotional Mastery (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Secret Language of Feelings A Rational Approach to Emotional Mastery (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Wer mit Klopfakupressur-Techniken bis hin zur Traumatherapie arbeitet, kann von diesem Buch profitieren. Von Cynthia Doll-HartmannFreue mich, dass ich auf diese "Perle" aufmerksam geworden bin... die aus meiner Sicht ein "essential" für das tiefergehendere Verständnis von einzelnen Gefühlen, wie Ärger, Traurigkeit, Schuldgefühl, Angst, Frustration, Depression etc., ist. Dieses können wir gut gebrauchen, wenn wir mit KlientInnen/PatientInnen an der Auflösung starker emotionaler Belastungen arbeiten. Aber auch Nicht-TherapeutInnen bekommen hier die Möglichkeit, sich selbst noch ein gutes Stück besser verstehen zu können :-). Ein gutes Bausteinchen- meine Empfehlung!

KurzbeschreibungThis book reveals what people have wanted to know about the human condition from the very beginning of time: What are feelings for? Within its pages, you will discover the secret language of feelings. That language is a voice within us. Sometimes it is as soft as a whisper; sometimes it is as loud as a roar. It is an important voice, which, when fully understood, gives you a kind of guidance that no other voice can. The information in The Secret Language of Feelings was revealed during thousands of hours of working with hypnotherapy clients at the Banyan Hypnosis Center for Training Services. It came from clients who spoke to us both in the normal waking state and in the state of hypnosis. You do not need to undergo hypnotherapy in order to benefit from this book; however, it would make a perfect companion book for anyone involved in any therapy process or working on self-improvement. The Secret Language of Feelings gives you a rational and reliable approach to understanding and responding to your feelings and emotions. It shows you how to create a more satisfying life right now! You will learn how to overcome anger, guilt, frustration, sadness, loneliness and even "everyday" depression. You will better understand yourself, your family and the people you interact with on a daily basis. In short, The Secret Language of Feelings offers the key to emotional rescue and beyond to happiness and success in life.

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