



# Emotions! Making Sense of Your Feelings

*Mary C. Lamia*

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What is the point of guilt? Or anxiety? Or hope? Just what are these emotions trying to tell you? Everything!

Emotions are a powerful and extraordinary part of being human. Your emotions serve as an instant cueing system to inform you about situations and motivate you to take actions.

- Anxiety can sharpen your focus and direct your attentions.
- Pride can lead you to take on something new and challenging.
- Guilt can motivate you to correct situations that interfere with your relationships.

All of your emotions are valuable—they inform you, affect the decisions you make, and can motivate you to reach your goals.

*Emotions! Making Sense of Your Feelings* will help you gain powerful insight into a significant part of who you are. While your emotional life may feel tumultuous, your emotions are priceless. It's time to figure out just what your emotions are telling you!

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Spent a free a chance to be fun activity to try and do! A lot of people spent their spare time with their family, or their own friends. Usually they doing activity like watching television, going to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Can be reading a book could be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the publication untitled Emotions! Making Sense of Your Feelings can be good book to read. May be it could be best activity to you.

#### **Helen Chandler:**

Reading can called imagination hangout, why? Because while you are reading a book especially book entitled Emotions! Making Sense of Your Feelings your brain will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely can become your mind friends. Imaging every word written in a e-book then become one contact form conclusion and explanation in which maybe you never get prior to. The Emotions! Making Sense of Your Feelings giving you an additional experience more than blown away your head but also giving you useful data for your better life on this era. So now let us teach you the relaxing pattern is your body and mind will likely be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

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