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Managing Your Emotions Instead Of

In this life-transforming book, Joyce Meyer reveals powerful truths from God's Word that will help you learn to manage all of your emotions in the right direction. Through hilarious illustrations and real-life applications, Joyce delivers the keys to keeping your emotions in the proper place while allowing the Spirit of God to lead and direct you.

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Joyce Meyer has a way of explaining God's word to fit in today's life. I enjoy reading her books because they are informative and

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inspirational. "Managing Your Emotions" is a good read to study when your feeling low or angry or your emotions are out of control. Joyce Meyer reminds us that to receive peace we must obey God's word.

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In MANAGING YOUR EMOTIONS, anointed teacher and bestselling author Joyce Meyer helps you discover what the Word of God says about your emotions—and how you can take control of them. As you put each practical principle to work in your life, you will also discover the power you need to claim your victory.
INTRODUCTION.

Managing Your Emotions: Instead of Your Emotions Managing ...

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time to time. It's down to earth and straightforward without coming across as "preachy" or overly gushy. It's nice to be able to read a few pages before you ...

Managing Your Emotions: Instead of Your Emotions Managing ...

Exercise: this releases reward and pleasure chemicals in the brain such as dopamine, which makes you feel better. Being fit also makes you healthier, which helps in managing emotions. Be kind to others, because this helps stop you worrying about yourself. Be open and accept what is going on around you.

Recognising and Managing Emotions | SkillsYouNeed

Stop trying to managing your emotions. Instead, choose to feel something different when an emotion arises. This is how you gain emotional freedom. ~~~~~ You can learn ...

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5 Steps for Managing Your Emotional Triggers | Psychology ...

Well, most people don't need strategies for managing their positive emotions. After all, feelings of joy, excitement, compassion, or optimism usually don't affect others in a negative way. As long as you share positive emotions constructively and professionally, they're great to have in the workplace! Common Negative Emotions at Work

Managing Your Emotions at Work - Career Development From ...

Keep a journal and transfer your emotions from your inner self onto the paper. Many people find it helpful to engage in aggressive exercises, such as kickboxing or martial arts, to discharge their feelings. Others meditate and chant to return to a tranquil state of being.

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Research has found that people tend to regulate their emotions in one of two ways: suppression or reappraisal. Suppression is what most people do: hide their feelings, bottle them up, and

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pretend not to feel upset. While this is probably the most common strategy, it actually leads to a host of negative outcomes.

Most of Us are Managing Our Emotions the Wrong Way. Here's ...

Don't allow your feelings to determine your destiny! Instead, "manage your emotions" to complement and enhance your attitude for a joyful, victorious life!

Managing Your Emotions: Instead of Your Emotions Managing ...

Manage Your Emotions, Not Your Time. ... you don't have to increase your work ethic or improve your time management. You can instead focus on changing your habits around emotion management. ...

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Procrastinate Much? Manage Your Emotions, Not Your Time ...

Hitting Mute is helpful because, often, sharing your point of view when your partner is emotional won't help the situation. The best thing you can do is let the other person express their feelings.

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