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# Learning To Manage Your Own Emotions (Volume 1)

*Gideon Wananda*

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# Learning To Manage Your Own Emotions (Volume 1)

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**Learning To Manage Your Own Emotions (Volume 1)** Gideon Wananda
Many people live their mature lives affected by emotional influences they developed unknowingly as they grew up. Without learning about your own emotions, you are not an effective person in terms of self-development of career, personality and spiritually. We all know that counselors are not readily available everywhere in the world and most times we don't even know when or even whether we need emotional based advice. Learning about what mostly influences your thinking and decisions is a good start for you to gain control over your feelings and drive towards achieving all your goals with effectiveness and peace. Additionally, it is impossible for one to operate in their divine nature without mastering the emotional domain. This book is a great place to start. Contents: Why Emotions?; Self-Esteem; Overcoming Fear; Accepting Responsibility; Dealing With Your Other Fears; Understanding God’s Purpose; Impure Emotions Affect Pure Love; Realizing The Desired Change; A Controlling Attitude; Implications of Bad Emotional Posture; It Takes Courage To Be A Man; Parenting or Lack of It?; Emotions Influence How You Will be Judged; Change Management, Revelation, Music & Giving; Summary of Some Key Life Points

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