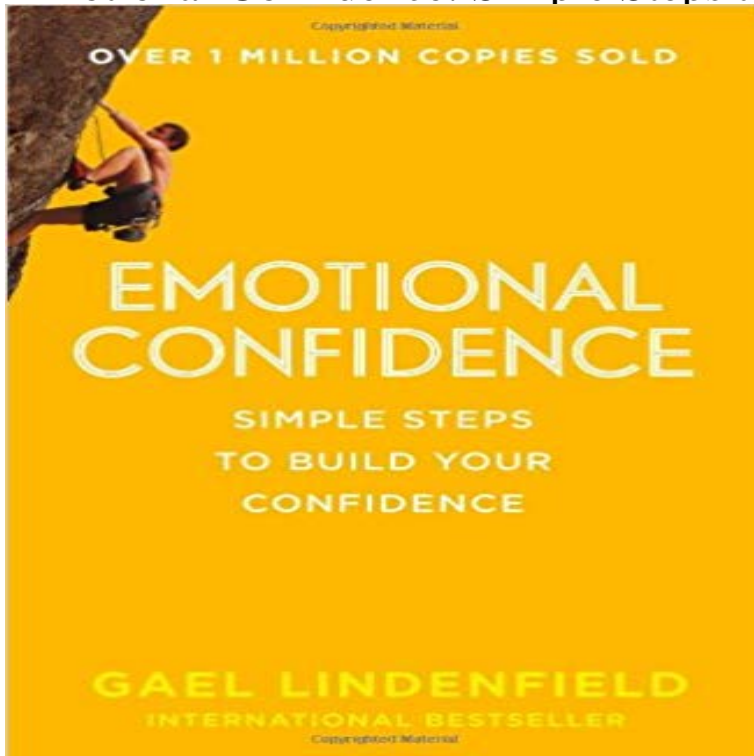


Emotional Confidence: Simple Steps to Build Your Confidence



Knowing how our feelings work allows us to tame our temperament. Gael Lindenfield takes the latest research into the body/mind/behaviour cycle and explores how we can control our body, mind and behaviour to have healthy relationships, happy selves and successful working lives. Many who are emotionally highly-strung are given tips to soothe their sensitivity. Gael's seven step emotional healing strategy helps the reader mend old and new emotional wounds. This is a book which looks at what emotions are and how best to deal with guilt, shame, jealousy, anger, envy and other feelings which impede your living a full, happy and successful life. Harness your habits with positive strategies for runaway feelings and learn how to maintain emotional confidence!

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