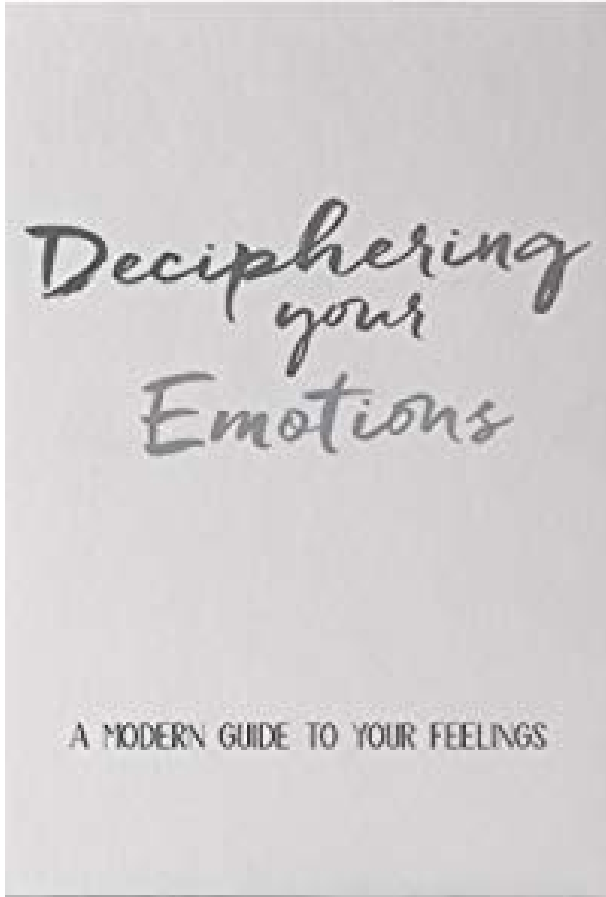


# Deciphering your Emotions



<b>Pages:</b>	206
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Are you curious about how your emotions work? Do you feel the emotions of the people around you? Do you find yourself repeating the same behavior in different situations? Have you ever felt trapped in a single emotion? Have you ever been diagnosed with a stress-related health problem? Do you ever feel extreme emotions or extremely overloaded? Do you suffer from panic or anxiety? Are you still mourning the loss of a person or a role you had? Do you feel emotionally empty? If you answered yes to any of these questions, Deciphering your Emotions is the complete prescription you need to help you resolve any emotional issues you may have. In Deciphering your Emotions, author Lori Bolen provides proven-effective techniques to help people like you resolve their emotional issues. Additionally, you will receive an in-depth look at Lori's unique gifted ability to view people's perception and the impact of her gift of spiritual discernment on count people throughout the years. In the book, you will learn powerful tools for understanding why you synchronize to other people's emotions, breaking emotional patterns, and experiencing over-stimulation or negative emotions without becoming overloaded. You'll also learn how to deal with grief in its three categories (normal, complicated and abstract), what your emotional type is and the gift it offers to others, how to get to the source of your stress-related health issue, and how to connect emotionally through sensory memory and spiritual discernment. The final chapter features an 80 page study guide with tools to help you work through your emotional problems or patterns. If you are tired of misunderstanding your feelings, this book will provide you

with strategies for taking charge of your life – at home, at work and in your relationships.