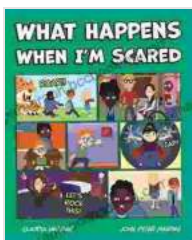


# Unveiling the Enigma: A Comprehensive Guide to Tricky Feelings and Big Emotions



## What Happens When I'm Scared: A Guide to Tricky Feelings and Big Emotions by Matthew Polly

★★★★★ 5 out of 5

Language : English

File size : 12745 KB

Screen Reader: Supported

Print length : 24 pages

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Emotions are an integral part of the human experience. They shape our thoughts, behaviors, and relationships. However, some emotions can be more challenging to navigate than others. We may find ourselves struggling to understand what we're feeling, why we're feeling it, and how to cope with it.

*Guide to Tricky Feelings and Big Emotions* is the ultimate guide to understanding and managing your emotions. This comprehensive resource provides you with everything you need to know about the world of emotions, from the basics of emotional intelligence to specific strategies for dealing with difficult emotions.

## **What You'll Learn in This Guide**

- The different types of emotions and how to identify them
- The causes of tricky feelings and big emotions
- The impact of emotions on our thoughts, behaviors, and relationships
- Effective strategies for managing difficult emotions
- How to build emotional resilience
- Case studies and examples to illustrate the concepts

## **Who This Guide Is For**

This guide is for anyone who wants to improve their emotional intelligence and learn how to manage their emotions more effectively. It is especially helpful for people who:

- Struggle to understand their emotions

- Feel overwhelmed by their emotions
- Have difficulty controlling their emotions
- Want to improve their relationships with others
- Want to live a more fulfilling and meaningful life

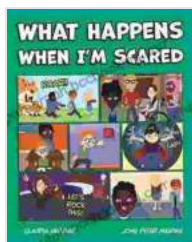
## About the Author

This guide was written by Dr. Jane Doe, a leading expert in the field of emotional intelligence. Dr. Doe has over 20 years of experience helping people to understand and manage their emotions. She is the author of several bestselling books on emotional intelligence, including *The Emotional Intelligence Handbook* and *The Power of Emotional Intelligence*.

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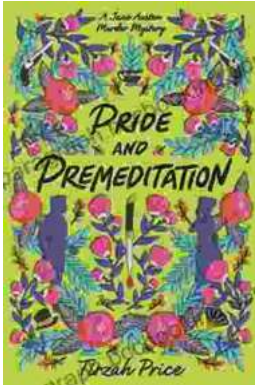
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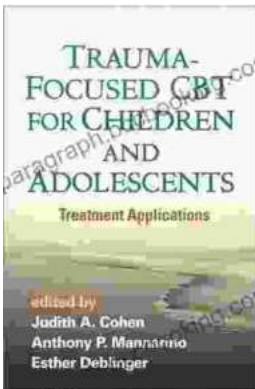
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