



Women's Guide to Managing Emotions: How to Effectively Handle Your Feelings

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Looking to manage your emotions and behave calmly and rationally in stressful situations?

After reading this book, you will understand that your feelings are separate from your behaviors and that you can only control your own actions. You will learn some techniques to alter your perspective when dealing with other people in your life and how to stand up for yourself by setting boundaries. I will also offer you some tips to keep your disagreements civil and goal-directed when they occur and will show you that you alone are in charge of your life. After these concepts, I will explain the SIP solution and how you can use this to calm down and choose to behave in an appropriate manner even in highly-charged emotional situations.

Discover a method to get your emotions under control and behave in a mature manner that demands respect in your relationships.

Also, you'll discover.. > Discover the big secret about your emotions > Find out the one truth about everyone else > Uncover the steps to setting difficult boundaries > Learn the rules of fair fighting > Master the three key steps when dealing with emotionally-charged situations And much more!

Table of Contents

The Big Secret About Your Feelings

CHAPTER 1: THE BIG SECRET ABOUT YOUR FEELINGS

The Truth About Everyone Else

CHAPTER 2: THE TRUTH ABOUT EVERYONE ELSE

The 4 Pillars to Controlling Your Emotions

CHAPTER 3: FOUR PILLARS TO CONTROLLING YOUR EMOTIONS

Five Steps to Set and Enforce Boundaries

CHAPTER 4: FIVE STEPS TO SET AND ENFORCE BOUNDARIES

Fight Fair... When You Have to Fight

CHAPTER 5: FIGHT FAIR... WHEN YOU HAVE TO FIGHT

Don't Give Away Your Power

CHAPTER 6: DON'T GIVE AWAY YOUR POWER

The SIP Solution

CHAPTER 7: THE SIP SOLUTION

Don't Wait For Disaster

CHAPTER 8: DON'T WAIT FOR DISASTER

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David Black:

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