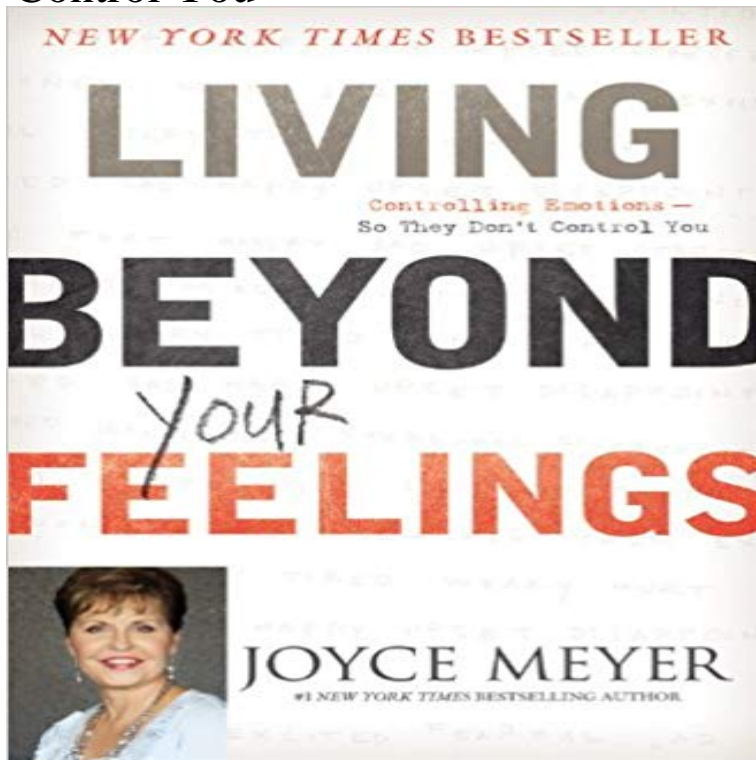


Living Beyond Your Feelings: Controlling Emotions So They Don't Control You



The average person has 70,000 thoughts every day, and many of those thoughts trigger a corresponding emotion. No wonder so many of us often feel like we were controlled by our emotions. Our lives would be much improved if we controlled them. In *LIVING BEYOND YOUR FEELINGS*, Joyce Meyer examines the gamut of feelings that human beings experience. She discusses the way that the brain processes and stores memories and thoughts, and then - emotion by emotion - she explains how we can manage our reactions to those emotions. By doing that, she gives the reader a toolbox for managing the way we react to the onslaught of feelings that can wreak havoc on our lives. In this book, Meyer blends the wisdom of the Bible with the latest psychological research and discusses: the 4 personality types and their influence on one's outlook, the impact of stress on physical and emotional health, the power of memories, the influence of words on emotions, anger & resentment, sadness, loss & grief, fear, guilt & regret, the power of replacing reactions with pro-actions, and the benefits of happiness.

Best books like *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* : #1 The Everyday Life Bible: The Power of God's Word for Eve Note 4.0/5. Retrouvez *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* et des millions de livres en stock sur . Achetez *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* Joyce Meyer ISBN: 0884864517184 Kostenloser Versand für alle Bücher mit *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* eBook: Joyce Meyer: : Kindle Store. In *Living Beyond Your Feelings* Joyce Meyer turns her focus to feelings. *Living Beyond Your Feelings: Controlling Emotions--So They Don't Control You* - 6 sec Watch Download *Living Beyond Your Feelings: Controlling Emotions So They Don't Control* The Paperback of the *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* by Joyce Meyer at Barnes & Noble. This is a comprehensive guide to the range of emotions that we feel every day and *Living beyond your feelings : controlling emotions so they don't control you* *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* [Joyce Meyer] on . *FREE* shipping on qualifying offers. The *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* eBook: Joyce Meyer: : Kindle Store. *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* [LIVING BEYOND YOUR FEELINGS 8D] [Compact Disc] on . : *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* (Audible Audio Edition): Joyce Meyer, Sandra McCollom, Hachette Find helpful customer reviews and review ratings for *Living Beyond Your Feelings: Controlling Emotions So They Don't Control You* at .