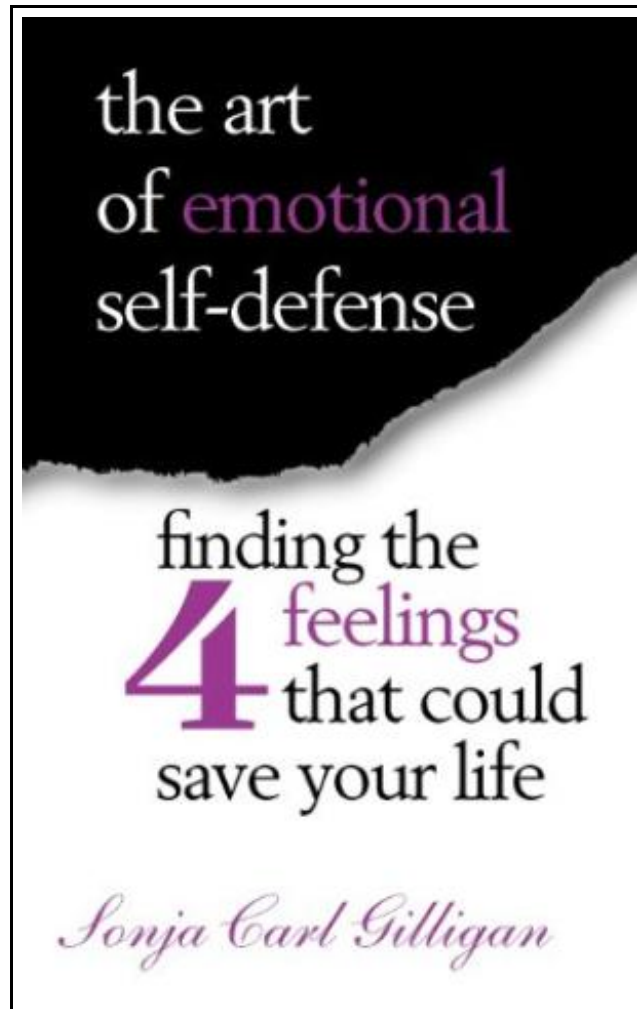


## The Art of Emotional Self-Defense: Finding the Four Feelings That Could Save Your Life



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## THE ART OF EMOTIONAL SELF-DEFENSE: FINDING THE FOUR FEELINGS THAT COULD SAVE YOUR LIFE



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Epigraph Publishing, United States, 2011. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you ever noticed how different you are from the people you love? Your best friend skydives and rides motorcycles but you wouldn't risk doing either. Your friend dissolves into tears but you hardly ever cry. Your lover speaks sharply; you have a softer edge. What draws such opposite personalities to one another? Is there a pattern? This is a book about feelings. The author draws the surprising conclusion that there are really only four fundamental feelings: Fear, Anger, Pain and Love. Gilligan asserts that these four feelings are elemental--that they are teaching tools in the handbook of life. The rest of our so-called feelings like anguish, boredom, anxiety, humiliation, and the list goes on, are not true emotions but states of mind that get in the way of your knowing what you are actually feeling. The basic emotions--fear, anger, pain, and love--are constantly in motion recycling through your mind and body, second by second. Most of us have hidden them away or denied their presence. These four emotions are guiding the direction of your life whether you are acknowledging them or not. Attaining these life-changing insights will allow you to make important choices, ending recurring and destructive cycles. Once you understand what your feelings are telling you, you will have a guide for living a successful and enriching life. In the late 60s, Sonja and Mike Gilligan formed Fusion Groups. Out of their group experience, and from many intense group-therapy sessions, came an original theory--a concept of behavior based on their observations of how people interact. The resulting insights have continued to inform their day-to-day lives and the lives of many others. The Gilligans...

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