



Living Like You Mean it: Use the Wisdom and Power of Your Emotions to Get the Life You Really Want

By Ronald J. Frederick

John Wiley and Sons Ltd. Hardback. Book Condition: new. BRAND NEW, Living Like You Mean it: Use the Wisdom and Power of Your Emotions to Get the Life You Really Want, Ronald J. Frederick, In LIVING LIKE YOU MEAN IT, author Ronald J. Frederick, does a brilliant job of describing why people are so afraid of their emotions and how this fear creates a variety of problems in their lives. While the problems are different, the underlying issue is often the same. At the core of their distress is what Dr. Frederick refers to as feelings phobia. Whether it's the experience of love, joy, anger, sadness, or surprise, our inborn ability to be a fully feeling person has been hijacked by fear--and it's fear that's keeping us from a better life. The book begins with a questionnaire-style list that help readers take an honest look at themselves and recognize whether and how they are afraid of their feelings. It then moves on to explore the origins of fear of feeling and introduces a four-part program for overcoming the fear: (1) Become aware of and learn to recognize feelings--anger, sadness, joy, love, fear, guilt/shame, surprise, disgust. (2) Master...



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