



Emotions: Can You Trust Them?: The Best-Selling Guide to Understanding and Managing Your Feelings of Anger, Guilt, Self-Awareness and Love

Dr. James Dobson

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Dr. James Dobson provides practical guidelines and simple steps to help anyone understand their emotions so that they can improve interaction with others. Love, anger, and guilt are emotions that can be a very positive force in our lives if we learn to recognize and cope with these aspects of who we are. The sound teaching of this book will help dispel the myths surrounding the way we think about our emotions and will separate distorted thinking from the real thing. Learn how to interpret and understand a broad range of emotions and separate fantasy from reality.

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