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In this life-transforming book, Joyce Meyer reveals powerful truths from God's Word that will help you learn to manage all of your emotions in the right direction. Through hilarious illustrations and real-life applications, Joyce

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delivers the keys to keeping your emotions in the proper place while allowing the Spirit of God to lead and direct you.

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Joyce Meyer has a way of explaining God's word to fit in today's life. I enjoy reading her books because they are informative and

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inspirational.

"Managing Your Emotions" is a good read to study when your feeling low or angry or your emotions are out of control.

Joyce Meyer reminds us that to receive peace we must obey God's word.

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**Of Your Emotions
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In MANAGING YOUR EMOTIONS, anointed teacher and bestselling author Joyce Meyer helps you discover what the Word of God says about your emotions—and how you can take control of them. As you put each practical principle to work in your life, you will also discover the power you need to

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claim your victory.

INTRODUCTION

**Managing Your
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Your Emotions
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Meyer. I've not finished
this book yet, but I've
tagged several pages
that I found helpful and
refer back to them
from time to time. It's

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down to earth and straightforward without coming across as "preachy" or overly gushy. It's nice to be able to read a few pages before you ...

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Reducing stress, or finding more helpful ways to manage it, can help your emotions become more

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manageable.

Mindfulness practices
like meditation can
help with stress, too.
They won't get rid of ...

How to Control Your Emotions: 11 Strategies to Try

Stop trying to
managing your
emotions. Instead,
choose to feel
something different
when an emotion
arises. This is how you
gain emotional

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freedom. ~ ~ ~ ~ ~ You
can learn ...

Meyer

**5 Steps for
Managing Your
Emotional Triggers |
Psychology ...**

Well, most people don't
need strategies for
managing their positive
emotions. After all,
feelings of joy,
excitement,
compassion, or
optimism usually don't
affect others in a
negative way. As long

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as you share positive emotions constructively and professionally, they're great to have in the workplace! Common Negative Emotions at Work

Managing Your Emotions at Work - Career Development From ...

Now that you've managed your emotion, you'll need to release it in a healthy

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way. Emotions should never be bottled up. Call or go see someone you trust and recount to them what happened. Hearing an opinion other than your own broadens your awareness. Keep a journal and transfer your emotions from your inner self onto the paper.

**6 Steps to
Controlling Your
Emotions | HuffPost**

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**Your... book by Joyce
Meyer**

Hitting Mute is helpful because, often, sharing your point of view when your partner is emotional won't help the situation. The best thing you can do is let the other person express their feelings.

**7 Strategies
Emotionally
Intelligent People
Use to Keep ...**

Exercise: this releases

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reward and pleasure chemicals in the brain such as dopamine, which makes you feel better. Being fit also makes you healthier, which helps in managing emotions. Be kind to others, because this helps stop you worrying about yourself. Be open and accept what is going on around you.

**Recognising and
Managing Emotions |**

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One simple but powerful ritual for defusing negative emotions is what we call “buying time.” Deep abdominal breathing is one way to do that. Exhaling slowly for five or six seconds induces...

Manage Your Energy, Not Your Time - Harvard Business Review

Don't allow your

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feelings to determine your destiny! Instead, "manage your emotions" to complement and enhance your attitude for a joyful, victorious life!

Managing Your Emotions: Instead of Your Emotions Managing ...

Why procrastination is about managing emotions, not time. ... and showed that this

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increased their inclination to procrastinate by doing puzzles or playing video games instead of preparing for the ...

Why procrastination is about managing emotions, not time

...

Because that's another reason why this practice is so important: It allows us to choose how to mindfully and safely

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express our emotions
instead of taking them
out on others or falling
into...

9 Therapist- Approved Tips for Managing All Your Feelings

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Visualizing and
localizing your
emotions is essential:
You are in charge of
managing your own
emotions and feelings,
without repressing
them or hiding them.
You need to express
them in order to be
able to relieve and

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ease yourself and your
mind, and so that they
themselves can be
understood. How to
calm your emotions on
your own

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