



I'm Fine!: Learning To Unblock Your Emotions

Andrew Tresidder

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Life is a journey with lots of experiences. Everything from standing and walking, reading and writing, playing music, riding a bike, using money, working computers, driving a car, eating a meal and everything else in the physical world. At the same time we experience an invisible world of emotions - in fact, every aspect of our lives is coloured by our feelings and emotions. The vast majority of them we manage without problems, but we get stuck on the big ones - and sometimes the small ones. Why? Only because nobody has ever given us a map to guide us, or taught us the skills to use so we don't get stuck! After all, when a child falls off its bike we pick it up and encourage it to have another go! So this book provides the helping hand we all need. It's also about our shadows - those suitcases of unresolved experiences we all carry around with us and what we might find inside them. It's about tools we can use to help us resolve some of the problems we all have. The aim of 'I'm Fine!' is quite simply to uplift, inform and inspire the reader to work on one of the most crucial areas of our lives. It's an essential handbook to feeling confident and competent to get the best out of the emotional aspects of life - in short, to achieve emotional well-being in the easiest way possible. Other books by Andrew Tresidder Lazy Person's Guide to Emotional Healing.

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