



Simplify Your Emotions: Steps to Happiness

Guy W. Jordan PhD

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This is not a typical self help book, as it is written at a level even teenagers can understand and apply the ideas. This book teaches everyone how to simplify our emotions into just four emotions, and how to manage each of them. It is written in an easy to read style with practical, common sense suggestions for dealing with everyday emotions. We all want to be happy, and the Steps to Happiness model presented by Dr. Jordan has helped many people control unhappy feelings of worry, hurt and anger. The Steps to Happiness describes how to move up and down an emotional ladder, transitioning up in intensity through worry and hurt to anger and back down to be happy. Additionally, Dr. Jordan shares his story about the loss of a child, and describes how to deal with grief and sadness in the two most significant grief areas we face, death and divorce. We all will face loss in our lives with death of someone, and we all know someone who has experienced divorce. The insights and understanding will help the reader be able to compassionately respond to anyone dealing with the two great losses. The reader will also learn tips for dealing with personal relationships and for parenting to help children manage their emotions more effectively. Dr. Jordan completed a bachelor's degree at Valdosta State University and completed his doctoral degree at the University of Georgia in 1981. He is a psychologist and has been in practice since 1977 working with children, adults and families.

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