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A cutting-edge exploration and illumination of emotion, with an emphasis on cultivating intimacy with Missing: pdfWhat Constitutes Emotional Intimacy? The nature of emotional disconnection and what to do about it. And I think this idea that our relationship with our emotions, with ourselves and our ability to be intimate with our romantic other in that way is so important What Constitutes Emotional Intimacy? Navigating This Book PART ONE OrientationThe Anatomy of Emotion Emotion Is More Than Feeling Emotion and Reason Containing and Expressing Emotion Identifying an EmotionCultivating Intimacy with Our Emotions Four Steps to Developing Emotional Intimacy How to deepen our emotional literacy and become intimate with all our emotions. How to identify our emotions, Through real life examples, exercises, and an abundance of key insights, Masters provides a lucid guide for reclaiming our emotions, relating to them skillfully, and turning them into With Emotional Intimacy, this respected therapist and author invites us to explore: How to deepen our emotional literacy and become intimate with all our emotions; The nature of A Comprehensive Guide for Connecting with the Power of Your Emotions. Always Fresh Selection · Fan Favorite Titles · Listens for Every Moment · Over k Audio Titles How to deepen our emotional literacy and become intimate with all our emotions. Navigating This Book PART ONE OrientationThe Anatomy of Emotion Emotion Is More Than Feeling Emotion and Reason Containing and Expressing Emotion Identifying an EmotionCultivating Intimacy with Our Emotions Four Steps to Developing Emotional Intimacy How to identify our emotions, fully experience Through real life examples, exercises, and an abundance of key insights, Masters provides a lucid guide for reclaiming our emotions, relating to them skillfully, and turning them into allies—to enrich and deepen our lives And in this interview, we're going to be exploring the area of relational intimacy and emotional intimacy. The nature of emotional disconnection and what to do about it.

 Difficulté Moyen

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