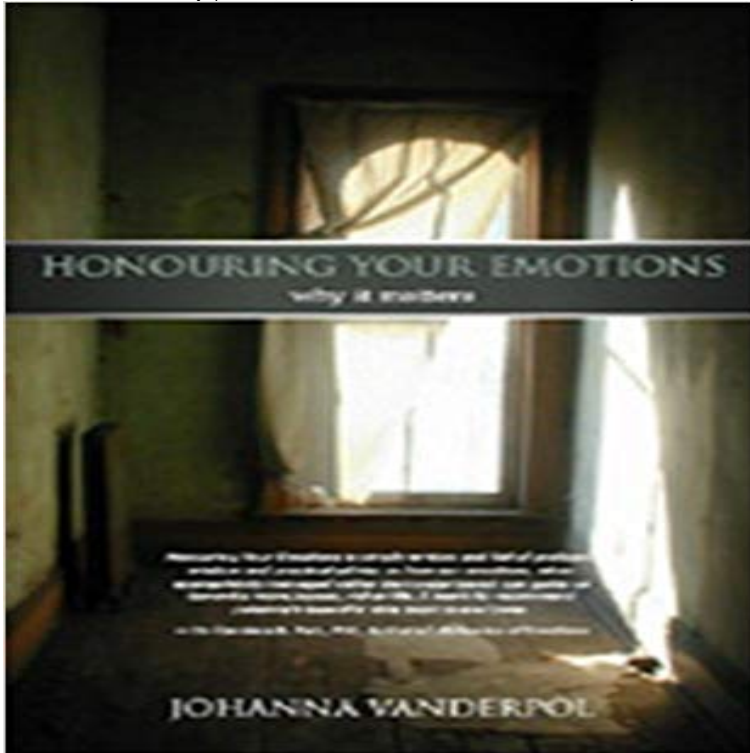


Honouring Your Emotions: Why It Matters



Emotions are messengers of information for your well-being. Listen to the messages and discover a happier, healthier life. Do emotions get in your way? Do you overreact? Do you wish you could understand your emotions? Do you want to eliminate depression? If you have answered yes to one of these questions, then this book is for you. Emotional Intelligence has contributed significantly to our understanding of emotions. However, it has been taught in a cognitive style as a skill set. And we still don't know how to process our emotions to completion in the moment that they occur causing health problems and emotional suffering. Honouring Your Emotions: Why it Matters expands the field of emotional intelligence through the groundbreaking RHUME model, an experiential tool for processing your emotions that ultimately creates deep learning and permanent change. The five-step RHUME model will help you by reducing emotional suffering and increasing your joy through: Recognizing your emotions and gaining self-awareness Honouring your emotions and freeing yourself Understanding your emotions as a guide Managing your emotions to reduce stress Expressing your emotions to reduce health problems What would you do if you knew you could not fail? Discover the answers through the latest practical and groundbreaking application of emotional intelligence for every individual on the planet. Read this book.

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