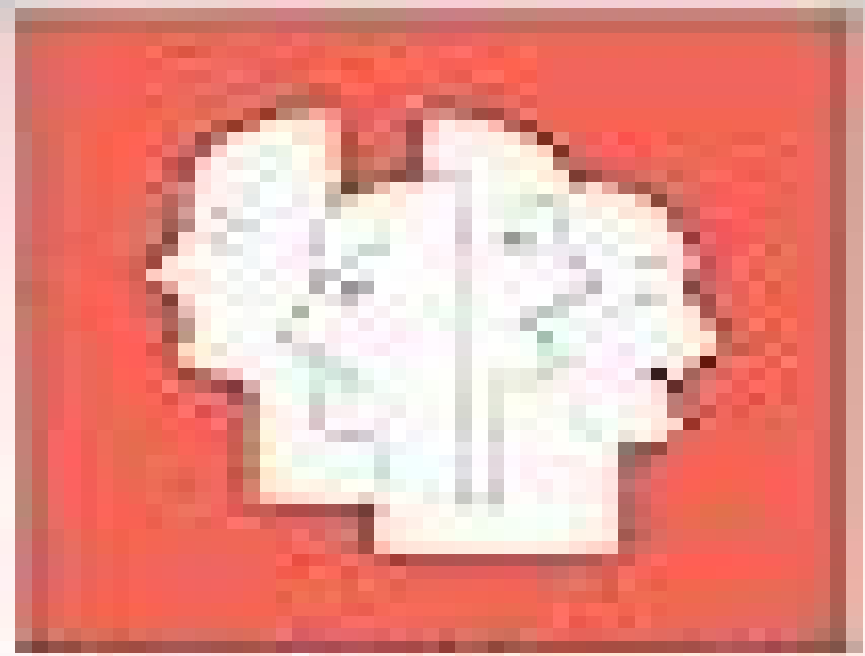


THE EMOTIONAL HOSTAGE



The Emotional Hostage Rescuing Your Emotional Life

CYNTHIA AISHA MEGUID



The Emotional Hostage Rescuing Your Emotional Life:

The Emotional Hostage Leslie Cameron-Bandler, Michael Lebeau, 1986 Often we feel trapped and at the mercy of emotions that we don't want. This book teaches how to gain control over our emotional lives by discovering the many factors that together arouse our feelings. For instance, realizing that our emotions are the results of our memories of the past and our anticipation of the future as well as our perceptions in the moment allows us to shift time frames in order to feel differently. Slowing the intensity and tempo of an unpleasant experience can change rage to dissatisfaction and increasing the intensity and tempo of a pleasant one can change satisfaction into excitement. These are just a few of the elements of our experiencing that we can learn to modify to solve the problems caused by emotions and have a more satisfying life. **Emotional Equations** Chip Conley, 2012-01-10 An invaluable operating manual says Tony Hsieh, Zappos CEO and author of *Delivering Happiness*. Using brilliantly simple logic that illuminates the universal truths in common emotional challenges, popular motivational speaker and bestselling author Chip Conley has written a fresh original guide to an authentic and fulfilling life. With a foreword by Tony Hsieh, CEO of Zappos and author of *Delivering Happiness*. When Chip Conley, dynamic author of the bestselling *Peak*, suffered a series of devastating personal and professional setbacks, he began using what he came to call Emotional Equations, such as Joy Love Fear, to help him focus on the variables in life that he could handle rather than dwelling on the parts he couldn't, such as the bad economy, death, and taxes. Using brilliantly simple logic that illuminates the universal truths in common emotional challenges, *Emotional Equations* offers a way to identify the elements in our lives that we can change, those we can't, and how to better understand our emotions so they can help us rather than hurt us. Equations like Despair, Suffering, Meaning, and Happiness, Wanting What You Have, Having What You Want, have been reviewed for mathematical and psychological accuracy by experts. Now Conley tells his own comeback story and those of other resilient people and inspiring role models who have worked through emotional equations in their own lives. *Emotional Equations* arms you with practical strategies for turbulent times. **neuro-linguistic programming: Self-esteem and Emotional Intelligence** Keith Gilbert, 2009-12-16 High self-esteem is the key to happiness and success. Neuro-linguistic programming (NLP) is the new revolutionary approach to self-esteem and human relationships. Using the breakthrough technology of Neuro-Linguistic Programming (NLP), you can free yourself from habitual limiting ways of thinking and behaving to create more choice for yourself. NLP is also the key to developing Emotional Intelligence. More Choice plus Emotional Intelligence and you have the essential ingredients to develop high self-esteem. If you have low self-esteem, are a parent, teacher, or you work with young people, in some capacity, this is essential reading. <http://www.neurolinguisticparents.com/Self-esteem.htm> **The Vocal Vision** Marian E. Hampton, Barbara Acker, 2000-02 Twenty-four leading voice experts speak out on the changing role of voice on stage. Essay topics include: Re-Discovering Lost Voices, Thoughts on Theatre Therapy, and the Art of Voice Finding Our Lost Singing Voices, Voice Training: Where Have We Come From, Vocal Coaching in Private Practice, more. **The Little Guide to**

Real Love Keith Gilbert, Megan Royle, 2017-02-17 Love is the most important thing in a person's life. We know that babies thrive when they receive touch and caresses and the warmth of other people. This also applies throughout our lives. Touch and warmth are essential for our wellbeing and so is Real Love. If love can be said to be a sense of personal freedom, then everybody needs Real Love. Real Love seeks to liberate. Real Love is the ultimate expression of a free individual freedom to imagine, freedom to create, freedom to enjoy. When we are free, love emerges and we create a space for each other to enjoy all the delights life has to offer. In this Little Guide, Megan and Keith invite you to ask the really good questions that help you to relate to yourself and stimulate your creativity so that you can enjoy more Real Love in your life. Body Electronics Thomas Chavez, 2005-05-26 Body electronics is a self-healing system that utilizes nutrient saturation through diet and supplementation. Thomas Chavez learned this discipline under its developer Dr. John Whitman Ray and in Body Electronics Chavez expands it to cover every imaginable trauma and illness. The basis for the approach is the melting of melanin protein complexes/crystals in the body that develop through years of poor diet, insufficient water, poor bowel ecology, and other factors. The book addresses such topics as how to achieve appropriate levels of nutrient saturation with the right combination of enzymes and minerals, how much water to drink and why it's important, how eating cooked food can be a damaging addiction, and how to achieve a healthy relationship with bacterial flora for intestinal health. In addition to physical wellness, the book addresses spiritual and psychological well-being. The results of body electronics have been called miraculous; this book shows why. Neurolinguistic Psychotherapy Lisa Wake, 2008-03-31 Presented as an effective model for facilitating neurological change through the therapeutic relationship, this book challenges therapists to incorporate a psychodynamic approach within their work. **Transformed by Values** CYNTHIA AISHA MEGUID, 2023-02-13 Transformed by Values is a highly valuable Islamic self-improvement/self-mastery solution-packed guidebook using the most advanced personal development strategies. Rise and take control of your life and ability to excel in living your highest values. From an author with 20 years' Islamic and personal development teaching, training, and coaching, Cynthia Aisha Meguid, an expert in various self-improvement methodologies within an Islamic framework, shows you her most effective strategies and techniques for mastering your character, mind, emotions, your relationships, communication, and your life aligned with the power of excelling in your Islamic values. *Handbook for Research Students in the Social Sciences* Graham Allan, Chris Skinner, 2020-07-24 This book discusses how to undertake a research degree study and research skills and strategic approaches to research. It is intended to help research students working full or part time in the social sciences to be as effective as possible in the pursuit of their degrees. *Balancing Your Life: Executive Lessons For Work, Family And Self* James G S Clawson, 2009-07-30 The balance between work and family life is the single most commonly mentioned issue among senior executives worldwide. This book provides a framework for analyzing immediate and long-term balance. Using case studies of how twelve or more executives in various industries have handled the challenge, readers are invited throughout the volume to compare their

current structures with those of the subjects in the cases presented

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In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**The Emotional Hostage Rescuing Your Emotional Life**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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