



How to Reduce Stress with the Emotional Management Method

Kasia Wezowski, Patryk Wezowski

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Do you happen to experience stress, annoyance or a lack of energy?

Perhaps you've accumulated so many emotions that you've stopped being able to deal with them. In fact, our natural state is the state of a small child who takes life enthusiastically and resolves all emotional issues in 5 minutes to get back to play quickly and have more fun. As adults, we become more and more looped in different emotions, and thus we can't use our creative potential in our work and everyday life. If you look at successful people, you will discover that they are great masters of their own emotions and still maintain the enthusiasm of a small child.

This book is for those who work under stress and often under huge responsibility for their decisions. Also for those who would like to gain more clarity about what they want, and at the same time without falling into extreme emotions. It's also a book for those who would like to understand their emotions better and use this knowledge to build successful personal and professional relationships.

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