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A Course in Emotional Management: Integrating Mind's Choices with Soul Needs- Moving Towards Happiness in Steps (Paperback)

By Swaati R Shiv, Swati R Shiv

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The Course in Emotional Management is a uniquely designed course which helps you connect with your subconscious mind for understanding your core problems and deleting sad memories. This Course addresses how to access the subconscious mind and understand patterns of thinking which make you feel helpless and act irrationally. The Course covers techniques of Self-Hypnosis which can be used for deleting past sad memories and replacing the subconscious energies with happy feelings for automatically rising to a higher level of happiness in the present. Attaining happiness is a long-term process but it cannot ever be attained by pursuing success, money or power blindly. Happiness has to be addressed as a goal by itself as this Course signifies. Health and Happiness are synchronized as being healthy is necessary to be happy but it is not possible to be healthy unless you are happy. The release of positive hormones in the body necessary for good health require a focus on feelings of happiness. If Happiness starts dying in life, health automatically starts becoming bad. This Course explains...



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