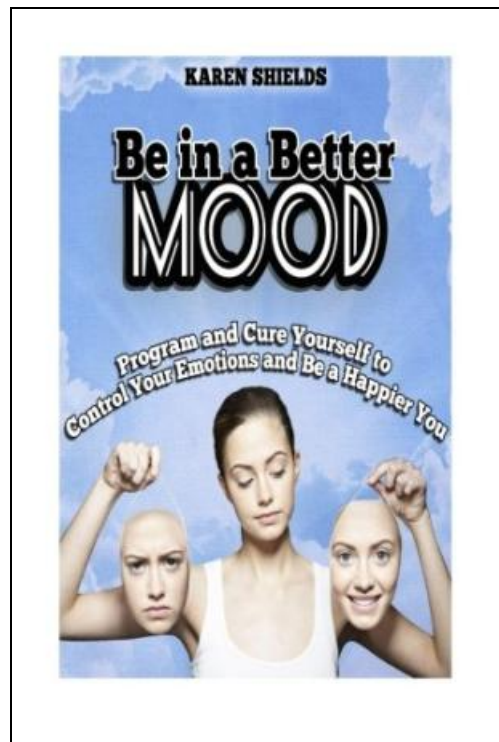


Be in a Better Mood: Program and Cure Yourself to Control Your Emotions and Be a Happier You (Paperback)



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BE IN A BETTER MOOD: PROGRAM AND CURE YOURSELF TO CONTROL YOUR EMOTIONS AND BE A HAPPIER YOU (PAPERBACK)



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Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Why Live your Life in a Bad Mood, this book will help change that. Program and Cure Yourself to Control Your Emotions and Be a Happier You Are you tired of getting carried away by your moods? Are they causing interference in your productivity? Are your moods getting in the way of your life? If so, maybe you should start taking things into your hands instead of waiting for them to get better. Unlike emotions, moods are longer lasting with more low-intensity effects. But continuous bouts of negative moods or uncontrolled positive moods can have very destructive results. Because of these, people long to control their moods as much as they could their emotions. But since these run differently and deeper than emotions, controlling moods, whether to downplay them or to enhance them, takes a bit more time and effort, as well as a lot of practice. In this book you will learn more about Moods in these eight short topics: - What are moods and how do they affect you? - How to control or even get rid of Negative Moods - How to control or take advantage of Positive Moods - Which moods do you keep and which do you get rid of? - What can smiles and laughing do for your moods? - Are there medical conditions associated with your moods, and can they be medicated? - What are Mood Vampires and how do you avoid getting affected by them? This book explains the causes and possible solutions to the root of moods. It also explores medical and social possibilities that might have been influencing your moods without your notice. Handle your moods without having to rely so much...



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