


**Master your emotions book summary**

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## Master your emotions book summary

Master Your Emotions by Thibaut Meurisse is a practical book that deals with a very crucial topic, that of managing your emotions. The goal of this book is to help us use our emotions to make better decisions and not let emotions control us. According to the author: "Emotions are among the hardest things to deal with and unfortunately too often you and I will fall prey to their mystical power. We can't break their spell. Because they affect every aspect of our lives and determine the quality of our lives, our inability to understand how emotions work can prevent us from designing our ideal life and realizing our potential. By the end of this book, you will know how emotions work and, above all, you will be better equipped to deal with them. In short, this is the author's goal for the book. Specifically, the author outlines what you will learn from reading the book as: Understand what emotions they are and how they affect your life Identify the negative emotions that control your life and learn to overcome them. Change your story to take better control of your life and create a more exciting future Reprogram your mind to experience more positive emotions The book is divided into four parts: In Part 1, we are introduced to what emotions they are, because we focus on negativity and how to counteract that behavior. We are also exposed to how beliefs affect emotions and how negative emotions work. Part 2 focuses more on the things that directly affect our emotions and looks at how our body, thoughts and sleep affect us, and how they can be used to affect our emotions. Part 3 is about learning how emotions are formed and what we can do to condition our mind to change them. Part 4 talks about how we can use our emotions as a tool for personal growth. This is followed by a top-level review of every part of the book. PART 1 à WHAT EMOTIONS The information here will be known to most of us. That's why our brains are connected to the way they are to help us survive and discuss the whole survival mechanism of struggle or flight. Psychology more or less old really but good introduction to what will be discussed later in the book. Here we are also introduced to why our brain is connected by negativity. We are also introduced to what is the ego. Thibaut defines it as the self-identification we have built up throughout our lives. He says, "Simply put, the ego was created through your thoughts and, like an identification created by the mind, it has no concrete reality." From this perspective we can see how our ego will affect our emotions. A lot of time is spent ego describing areas such as, being aware of our ego, the need for ego for identity, the need for ego to feel superior and the main features of ego. But the appearance of the ego that attracted my attention is how it affects our emotions. Since the author explains that our ego is created by personal history that we create on ourselves, these stories will affect our emotions and as a result how we respond we respondexperiences. A good advice is that, "when you replace your current story with a more powerful one" and, at the same time, letting go your excessive attachment to things, people or ideas (what the ego does), you will be able to experience more emotions. A key lesson in this part of the book is the importance of self-awareness. Being aware of our ego is important to be able to handle it more positively. The last part focuses on the nature of emotions, aspects of the emotions discussed are: The transience of emotions The fact that emotions are neutral, not good, bad or useless The positive role of emotions Escapement of emotions The difficulty of emotions The filtering power of emotions The magnetic power of emotions Emotions and mental suffering PART 2 "W HAS APPROXED THE EMOTIONS This is one of my favorite parts of the book as it discusses some practical aspects of what affects our emotions. Here you will learn the impact of sleep on your emotions and how to improve your sleep. It also discusses how to use the body to influence emotions. The thought here is to use body language and posture to influence the way we feel, which is why physical exercise is so important A quote by Amy Cuddy explains it briefly: "Our bodies follow our minds, our minds change our behavior, and our behavior changes our results." There is also information about how to use our thoughts and words to influence our emotions. Other aspects discussed are like our breath, the environment and music affect our emotions. PART 3 "COME CHANGE EMOTIONS In this section of the book Thibaut wants to teach us how: Let go of our emotions (or negative emotions) Change our history and create a more powerful Condition our minds Use our behaviors to change our emotions Edit our environments to reduce negative emotions The only thing I will surely remove from the book is this is a formula that breaks out how emotions are formed. I like it because it's not scientific, simple to understand and also contains the key not only to understand our emotions but also to manage them. The formula is: Interpretation + Identification + Repeat = Strong Emotion. Here is a brief description of the formula: Interpretation: It is when you interpret an event, or a thought based on your personal history. Identification: It is when you identify with a specific thought that arises. Repetition: it is having the same thoughts more and more times. Strong Emotion: it is when you experience such an emotion so many times that it has become part of your identity. Then experience that emotion every time a thought or related event triggers it. Further we are shown how to use this formula to trymore positive. The key is the first step, how we interpret events or situations. If we interpret events negatively, there is a chance that negative emotions will follow. A A A practice for the generation of positive emotions is to interpret events and situations in a positive way. Some practical ways to think positively are suggested and I really like to do gratitude. Using the behavior of changing your emotions simply it is about doing something different that will change as you feel, while changing your environment to change your emotions gives us some practical tips to physically change our environment as for example: Don't watch too much TV. Don't spend too much time on social media. Don't go out with negative people. We didn't complain and focus on the negative. Finish what we start. This section concludes with some advice on short and long-term strategies to deal with negative emotions. Part 4, how to use EMOTIONS TO CROSS This is the last section of the book, and it's a great one with a lot of information. Some of the intuitions you will get from reading this part of the book are: Learn how to use emotions to drive ourselves. This will involve developing our self-consciousness. Register our emotions to become more aware of our feelings. How to overcome the feeling of a not good enough. How to do with being on the defensive. Treat with stress and concern. Don't let what people think of us inhibit. Treat with resentment. Treating with jealousy. Treat with procrastination. Treat with the lack of motivation. There is more to learn in this part of the book than only the lessons listed above. This is a book with a lot of good information. Actually, the book has too much information, so donate t expect to take everything. But I think there's something in this book that we can all apply to our lives, even if it's just one thing. For me, as I have previously written, ITA s formula on how emotions are formed, and I have already started using it to handle as interpreting situations and then change how I feel about them. Another useful aspect of this book is that almost every chapter has a step of action that connects to an activity on the author's website. I didn t try any of the activities, but other people could be useful. In conclusion, my verdict is, this is a reading worth book for ita s practical tips and tips. It gives me you need to read the whole book. Go through the content table, locate themes I address to you and read, but be sure to apply what you read to your life. In this article, I would like to share with you 30 simple strategies to help you master your emotions both short-term and long-term. You can download the pdf version of this article by clicking here. 1. Short-term strategiesThe following techniques will help you manage negative emotions that you're trying to get rid of. 1. Distracted: An emotion is only a strong one, as they allow themselves to be. Whenever you experience a negative feeling, instead of focusing on it, get the right occupied away. If you're angry about something, I cross something out of your to-do-to-doif possible, do something that requires your full attention.2. Interrupt: do something silly or unusual to break the pattern.3. Gride, do a silly dance or talk to a strange voice.3. Move: Stand up, go for a walk, do push-ups, dance or use a power posture. By changing your physiology, you can change the way you feel.4. Listen to music: listening to your favorite music can move your emotional state.5. Grido: talk to yourself with a strong and authoritarian voice and give you a pepista speech. Use your voice and your words to change your emotions.b. Take action6. Do it anyway: leave your feeling alone and do what you have to do. mature adults do what they have to do if they feel like or not.7. Do something about it: your behavior indirectly changes your feelings. Ask yourself, à € "What can I take today to change the way I feel? À €" Then go do it. C. Be aware of your emotions8. Write it down: take a pen and a card and write what you care about, because, and what you can do about it. Be as specific as possible.9. Write what happened: Take a piece of paper and write what happened exactly to generate negative emotion. Do not write down your interpretation or drama you created around it. Write the raw facts. Now you wonder, in the big scheme of your life, is it really so big a deal? 10. Discussion: Have a discussion with a friend. You could be exaggerated, making things worse than they are. Sometimes, all you need is a different perspective.11. Remember a time when you felt good with yourself: This can help you get back to that state and get a new perspective. Ask yourself the following questions, à € "I made you feel? What was I thinking at that time? Let your emotion go: ask yourself, à€ "I let the emotion go?" So let yourself release it.13. Allow your emotions to be: Stop trying to resist your emotions or change them. Let them be what they are.14. Embrace your emotion: stay with your emotions. Look at them as close as you can while doing your best to stay detached. Be curious about them. What exactly are they at their core? Q. Just relax15. Rest: take a nap or a break. When you're tired, it's more likely to experience negative emotions than when you're rested properly. 16. Breathe: breathe slowly to relax. The way you breathe affects your emotional state. Use breathing techniques to calm down, or to give you more energy.17. Relax: take a few minutes to relax your muscles. Start relaxing your jaw, tension around your eyes and muscles on your face. Your body affects your emotions. As you relax your body, your mind relaxes.18. Bless you!Problems: Thanks to your problems. Understanding that I'm here for a reason and you will need somehow. The long-term strategies that follow the following techniques will help you manage your long-term negative emotions. Analyze your negative emotions19. Identify the story behind behind Emotions: take a pen and a card and note all the reasons why you have these emotions first. What recruits do you hold? How did you interpret what happened to you? Now, see if you can let this particular story go.20. Write your emotions in a diary: Take a few minutes every day to write how you felt. Search for recurring models. So, use statements, visualization or exercise relevant to help you overcome these emotions.21. Exit awareness: observe your emotions all day. Meditation will help you do it. Another way is simply to engage in an activity while it is fully present. As you do, see what's going on in your mind. B. Get away from negativity22. Change Environment: If you are surrounded by negativity, change your environment. Go to a different place, or reduce the time you spend with negative friends.23. Remove counterproductive activities: remove or reduce the time you spend on any activity that has no positive impact on your life. This could reduce the time spent watching TV or surfing the Internet.C. Season your mind24. Create daily rituals: this will help you experience more positive emotions. Meditate, exercise, repeat affirmations, create a diary of gratitude and so on. (The best time to deposit positive thoughts in your mind is just before going to sleep and first thing in the morning.) 25. Exercise: exercise regularly. Exercise improves your mood and is good for your emotional and physical health. Increase your energy Energy less energy you are experiencing negative emotions.26. Improve your sleep: make sure you sleep enough. If possible, go to bed and wake up at the same time every day.27. Eat healthier food: as the proverb says, à€ "You are what you eat ... junk food adversely affects your energy levels, so take steps to improve your diet.28. Rest: take regular naps or take a few minutes to relax.29. Breathe: learn to breathe correctly. Ask for help30. Consult a professional: If you have deep emotional issues such as low self-esteem or extreme depression, it might be wise to consult a professional. Want to master your emotions? To learn more depth how to master your emotions, you can control My book à€ œmaster Your emotions: a practical guide to overcome negativity and better manage your feelings "You can download a free book extract below: >>>> Click here to get your free extract now

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