



## Emotional Wisdom: Daily Tools for Transforming Anger, Depression, and Fear (Paperback)

---

By Mantak Chia, Dena Saxer

NEW WORLD LIBRARY, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book. A groundbreaking book, Emotional Wisdom reveals powerful ancient tools for transforming our painful emotions into happiness and health. So-called negative emotions are valuable messages that let us know we are out of balance. With compassion and humor, Taoist authors Mantak Chia and Dena Saxer explain the messages that anger, depression, fear, worry, and stress offer us. They present three easy-to-learn twenty-minute internal energy practices, with helpful illustrations, to turn these imbalances into harmony and joy. They provide unusual nutritional advice for emotional healing and a Taoist First Aid section with proven natural remedies for minor ailments such as insomnia, indigestion, headaches, and overeating. Relevant quotes from the Tao Te Ching add inspiration to this practical, life-changing book.



READ ONLINE  
[ 7.64 MB ]

### Reviews

*Thorough guide for pdf enthusiasts. Better than never, though i am quite late in start reading this one. Its been printed in an remarkably simple way which is only soon after i finished reading through this pdf by which really altered me, change the way i believe.*

-- **Dr. Rowena Wiegand**

*A very wonderful pdf with perfect and lucid explanations. This can be for those who statte that there had not been a worth reading. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Mr. Stone Kunze**