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way to recognize our
feelings and
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She also gives us the
tools we need to avoid
emotional ruts that
keep us from
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your true nature,
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*according to your
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*achievement, draws
on her more than
twenty years of
research to show that
emotionally agile
people are not
immune to stresses
and setbacks.*

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often associated
tension not as an
oppressive force, but
as mechanism to lift
you up, out and
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is a powerful and
persuasive call to
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our everyday lives,
along with the very
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make it happen.*

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basically the fast-*

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track to fulfillment.”.

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describes how it is
only through healthy
dialogue with our*

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*emotional body that
we can truly get
unstuck and embrace
change. This doesn't
mean we are hijacked
by our emotions
either, it means we
practice having
greater flexibility. I
enjoyed David's book
because it provides
the stretching
techniques to do that.*

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*difference is they
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describes how it is
only through healthy
dialogue with our
emotional body that
we can truly get
unstuck and embrace
change. This doesn't
mean we are hijacked***

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*by our emotions
either, it means we
practice having
greater flexibility. I
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techniques to do that.*

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