

## Emotionally Dumb An Overview Of Alexithymia

My Mother's Rules  
Red Pill Psychology  
And Now We Have Everything  
Running on Empty No More  
The Emotionally Intelligent  
Office  
The Outsiders  
Emotional Intelligence Coaching  
Permission to Feel  
Alexithymia, A World Without Emotions  
Emotionally Dumb  
You Are Now Less Dumb  
Emotional Agility  
Not Fade Away  
Emotionally Dumb  
The Glass Castle  
Emotionally Focused  
Couple Therapy For Dummies  
The Reader  
No Hard Feelings  
The Emotionally Absent Mother  
Alexithymia  
Emotional Intelligence 2.0  
Achieving Emotional Literacy  
Negotiating the Nonnegotiable  
Fish in a Tree  
Handbook for Developing Emotional and Social Intelligence  
Emotional Intelligence  
What We Know about Emotional Intelligence  
F\*ck Feelings  
How Emotions Are Made  
The CBT Workbook for Perfectionism  
Flamer  
Toxic Parents  
Raising An Emotionally Intelligent Child  
The Emotionally Intelligent Manager  
Freak the Mighty  
Emotional Intelligence For Dummies  
Running on Empty  
Mama's Last Hug: Animal Emotions and What They Tell Us about Ourselves  
The Dumb House  
Adult Children of Emotionally Immature Parents

### My Mother's Rules

Wall Street Journal Bestseller! Next Big Idea Club selection—chosen by Malcolm Gladwell, Susan Cain, Dan Pink, and Adam Grant as one of the "two most groundbreaking new nonfiction reads of the season!" "A must-read that topples the idea that emotions don't belong in the workplace." --Susan Cain, author of *Quiet* A hilarious guide to effectively expressing your emotions at the office, finding fulfillment, and defining work-life balance on your own terms. How do you stop the office grouch from ruining your day? How do you enjoy a vacation without obsessing about the unanswered emails in your inbox? If you're a boss, what should you do when your new, eager hire wants to follow you on Instagram? The modern workplace can be an emotional minefield, filled with confusing power structures and unwritten rules. We're expected to be authentic, but not too authentic. Professional, but not stiff. Friendly, but not an oversharer. Easier said than done! As both organizational consultants and regular people, we know what it's like to experience uncomfortable emotions at work - everything from mild jealousy and insecurity to panic and rage. Ignoring or suppressing what you feel hurts your health and productivity -- but so does letting your emotions run wild. Our goal in this book is to teach you how to figure out which emotions to toss, which to keep to yourself, and which to express in order to be both happier and more effective. We'll share some surprising new strategies, such as: \* Be selectively vulnerable: Be honest about how you feel, but don't burden others with your deepest problems. \* Remember that your feelings aren't facts: What we say isn't always what we mean. In times of conflict and miscommunication, try to talk about your emotions without getting emotional. \* Be less passionate about your job: Taking a chill pill can actually make you healthier and more focused. Drawing on what we've learned from behavioral economics, psychology, and our own experiences at countless organizations, we'll show you how to bring your best self (and your whole self) to work every day.

## **Red Pill Psychology**

The author of the bestselling *You Are Not So Smart* shares more discoveries about self-delusion and irrational thinking, and gives readers a fighting chance at outsmarting their not-so-smart brains. David McRaney's first book, *You Are Not So Smart*, evolved from his wildly popular blog of the same name. A mix of popular psychology and trivia, McRaney's insights have struck a chord with thousands, and his blog--and now podcasts and videos--have become an Internet phenomenon. Like *You Are Not So Smart*, *You Are Now Less Dumb* is grounded in the idea that we all believe ourselves to be objective observers of reality--except we're not. But that's okay, because our delusions keep us sane. Expanding on this premise, McRaney provides eye-opening analyses of fifteen more ways we fool ourselves every day, including: The Misattribution of Arousal (Environmental factors have a greater affect on our emotional arousal than the person right in front of us) Sunk Cost Fallacy (We will engage in something we don't enjoy just to make the time or money already invested "worth it") Deindividuation (Despite our best intentions, we practically disappear when subsumed by a mob mentality) McRaney also reveals the true price of happiness, why Benjamin Franklin was such a badass, and how to avoid falling for our own lies. This smart and highly entertaining book will be wowing readers for years to come.

## **And Now We Have Everything**

"Opens doors to richer, more connected relationships by naming the elephant in the room 'Childhood Emotional Neglect.'" (Harville Hendrix, PhD & Helen Lakelly Hunt, PhD, authors of the New York Times bestseller *Getting the Love You Want*). Since the publication of *Running on Empty: Overcome Your Childhood Emotional Neglect*, many thousands of people have learned that invisible Childhood Emotional Neglect, or CEN, has been weighing on them their entire lives, and are now in the process of recovery. *Running on Empty No More: Transform Your Relationships* will offer even more solutions for the effects of CEN on people's lives: how to talk about CEN, and heal it, in relationships with partners, parents, and children. "Filled with examples of well-meaning people struggling in their relationships, Jonice Webb not only illustrates what's missing between adults and their parents, husbands, and their wives, and parents and their children; she also explains exactly what to do about it." —Terry Real, internationally recognized family therapist, speaker and author, *Good Morning America*, *The Today Show*, *20/20*, *Oprah*, and *The New York Times* "You will find practical solutions for everyday life to heal yourself and your relationships. This is a terrific new resource that I will be recommending to many clients now and in the future!" —Dr. Karyl McBride, author of *Will I Ever Be Good Enough?*

## **Running on Empty No More**

A large segment of the population struggles with feelings of being detached from themselves and their loved ones. They

feel flawed, and blame themselves. Running on Empty will help them realize that they're suffering not because of something that happened to them in childhood, but because of something that didn't happen. It's the white space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate people about it, and teach them how to overcome it.

## **The Emotionally Intelligent Office**

#1 BESTSELLER • The groundbreaking book that redefines what it means to be smart, with a new introduction by the author “A thoughtfully written, persuasive account explaining emotional intelligence and why it can be crucial.”—USA Today Everyone knows that high IQ is no guarantee of success, happiness, or virtue, but until Emotional Intelligence, we could only guess why. Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our “two minds”—the rational and the emotional—and how they together shape our destiny. Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors, which include self-awareness, self-discipline, and empathy, add up to a different way of being smart—and they aren't fixed at birth. Although shaped by childhood experiences, emotional intelligence can be nurtured and strengthened throughout our adulthood—with immediate benefits to our health, our relationships, and our work. The twenty-fifth-anniversary edition of Emotional Intelligence could not come at a better time—we spend so much of our time online, more and more jobs are becoming automated and digitized, and our children are picking up new technology faster than we ever imagined. With a new introduction from the author, the twenty-fifth-anniversary edition prepares readers, now more than ever, to reach their fullest potential and stand out from the pack with the help of EI.

## **The Outsiders**

Handbook for Developing Emotional and Social Intelligence is an authoritative collection of practical content—best practices, case studies, and tools—that showcases the application and development of emotional and social intelligence in the workplace. The authors are some of the best-known experts in the field and the book includes practitioners, academics and thought-leaders that contributed to this rich collection of knowledge and solutions that will appeal to anyone involved in developing leaders and teams. The handbook features topics such as leadership, recruitment, conflict resolution, team development, and stress management.

## **Emotional Intelligence Coaching**

If you feel an intense pressure to be perfect, this evidence-based workbook offers real strategies based in cognitive-behavioral therapy (CBT) to help you develop a more balanced and healthy perspective. Do you hold yourself—and perhaps others—to extremely high standards? Do you procrastinate certain tasks because you're afraid you won't carry them out perfectly? If you've answered "yes" to one or both of these questions, chances are you're a perfectionist. And while there's nothing wrong with hard work and high standards, perfectionism can also take over your life if you let it. So, how can you find balance? With this workbook, you'll identify the causes of your perfectionism and the ways it is negatively impacting your life. Rather than measuring your self-worth by productivity and accomplishments, you'll learn to exercise self-compassion, and extend that compassion to others. You'll also learn ways to prioritize the things that really matter to you, without focusing on attaining fixed goals. Life isn't perfect, and neither are we. If you're ready to break free from out-of-control perfectionism and start living a richer, fuller life, this workbook will help you get started.

### **Permission to Feel**

Emotional Intelligence Coaching examines the vital role emotions and habits play in performance. Emotional intelligence can help leaders and coaches recognize how attitudes - both their own and those of the people they coach - prevent individuals from reaching their potential. Replacing these with more useful feelings and thoughts can provide a powerful means of improving performance. This book explains the principles of emotional intelligence and how these relate to coaching for performance. It includes practical activities for those seeking to identify and adapt their behaviour in order to achieve more. Never before have emotional intelligence and coaching been brought together in this way to help you develop your own and other people's performance.

### **Alexithymia, A World Without Emotions**

Alexithymia is an inability to identify and describe both one's own, and other people's emotions. Although individuals with alexithymia display the typical physical responses associated with emotions - such as tears, butterflies in the stomach or an increased heart rate - they are unable to recognize these responses in terms of the emotions they might be signifying. Emotionally Dumb describes the nature of alexithymia and includes therapeutic and self-help suggestions for overcoming some of the difficulties that alexithymia presents. The author discusses the possible causes and associated conditions, including Asperger Syndrome and posttraumatic stress disorder. The book provides details of diagnostic tests available and includes an informal questionnaire, developed by the author, for people who believe they may have alexithymia. Written in accessible language, this book is ideal both for professionals and for anyone with an interest in the subject.

### **Emotionally Dumb**

Selected as One of the Best Books of the Year by: National Public Radio, Esquire, Bustle, Refinery29, Thrillist, Electric Literature, Powell's, Autostraddle, BookRiot, Women.com "Smart, funny, and true in all the best ways, this book made me ache with recognition." -- Cheryl Strayed A raw, funny, and fiercely honest account of becoming a mother before feeling like a grown up. When Meaghan O'Connell got accidentally pregnant in her twenties and decided to keep the baby, she realized that the book she needed -- a brutally honest, agenda-free reckoning with the emotional and existential impact of motherhood -- didn't exist. So she decided to write it herself. And Now We Have Everything is O'Connell's exploration of the cataclysmic, impossible-to-prepare-for experience of becoming a mother. With her dark humor and hair-trigger B.S. detector, O'Connell addresses the pervasive imposter syndrome that comes with unplanned pregnancy, the fantasies of a "natural" birth experience that erode maternal self-esteem, post-partum body and sex issues, and the fascinating strangeness of stepping into a new, not-yet-comfortable identity. Channeling fears and anxieties that are still taboo and often unspoken, And Now We Have Everything is an unflinchingly frank, funny, and visceral motherhood story for our times, about having a baby and staying, for better or worse, exactly yourself.

### **You Are Now Less Dumb**

### **Emotional Agility**

50 years of an iconic classic! This international bestseller and inspiration for a beloved movie is a heroic story of friendship and belonging. No one ever said life was easy. But Ponyboy is pretty sure that he's got things figured out. He knows that he can count on his brothers, Darry and Sodapop. And he knows that he can count on his friends—true friends who would do anything for him, like Johnny and Two-Bit. But not on much else besides trouble with the Socs, a vicious gang of rich kids whose idea of a good time is beating up on “greasers” like Ponyboy. At least he knows what to expect—until the night someone takes things too far. The Outsiders is a dramatic and enduring work of fiction that laid the groundwork for the YA genre. S. E. Hinton's classic story of a boy who finds himself on the outskirts of regular society remains as powerful today as it was the day it was first published. "The Outsiders transformed young-adult fiction from a genre mostly about prom queens, football players and high school crushes to one that portrayed a darker, truer world." —The New York Times "Taut with tension, filled with drama." —The Chicago Tribune "[A] classic coming-of-age book." —Philadelphia Daily News A New York Herald Tribune Best Teenage Book A Chicago Tribune Book World Spring Book Festival Honor Book An ALA Best Book for Young Adults Winner of the Massachusetts Children's Book Award

### **Not Fade Away**

Presents a step-by-step guide for increasing emotional intelligence through four core principles: self-awareness, self-management, social awareness, and relationship management.

### **Emotionally Dumb**

We have long been taught that emotions should be felt and expressed in carefully controlled ways, and then only in certain environments and at certain times. This is especially true when at work, particularly when managing others. It is considered terribly unprofessional to express emotion while on the job, and many of us believe that our biggest mistakes and regrets are due to our reactions at those times when our emotions get the better of us. David R. Caruso and Peter Salovey believe that this view of emotion is not correct. The emotion centers of the brain, they argue, are not relegated to a secondary place in our thinking and reasoning, but instead are an integral part of what it means to think, reason, and to be intelligent. In *The Emotionally Intelligent Manager*, they show that emotion is not just important, but absolutely necessary for us to make good decisions, take action to solve problems, cope with change, and succeed. The authors detail a practical four-part hierarchy of emotional skills: identifying emotions, using emotions to facilitate thinking, understanding emotions, and managing emotions—and show how we can measure, learn, and develop each skill and employ them in an integrated way to solve our most difficult work-related problems.

### **The Glass Castle**

"The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year"--

### **Emotionally Focused Couple Therapy For Dummies**

Max is used to being called Stupid. And he is used to everyone being scared of him. On account of his size and looking like his dad. Kevin is used to being called Dwarf. On account of his size and being some cripple kid. But greatness comes in all sizes, and together Max and Kevin become Freak The Mighty and walk high above the world. An inspiring, heartbreaking, multi-award winning international bestseller.

### **The Reader**

Award-winning author and artist Mike Curato draws on his own experiences in *Flamer*, his debut graphic novel, telling a difficult story with humor, compassion, and love. "This book will save lives." —Jarrett J. Krosoczka, author of *National Book*

Award Finalist Hey, Kiddo I know I'm not gay. Gay boys like other boys. I hate boys. They're mean, and scary, and they're always destroying something or saying something dumb or both. I hate that word. Gay. It makes me feel . . . unsafe. It's the summer between middle school and high school, and Aiden Navarro is away at camp. Everyone's going through changes—but for Aiden, the stakes feel higher. As he navigates friendships, deals with bullies, and spends time with Elias (a boy he can't stop thinking about), he finds himself on a path of self-discovery and acceptance.

### **No Hard Feelings**

A practical, down-to-earth guide to using the world's most successful approach to couple therapy One of the most successful therapeutic approaches to healing dysfunctional relationships, emotionally focused couple therapy provides clients with powerful insights into how and why they may be suppressing their emotions and teaches them practical ways to deal with those feelings more constructively for improved relationships. Unlike cognitive-behavioural therapy, which provides effective short-term coping skills, emotionally focused therapy often is prescribed as a second-stage treatment for couples with lingering emotional difficulties. Emotionally Focused Couple Therapy For Dummies introduces readers to this ground-breaking therapy, offering simple, proven strategies and tools for dealing with problems with bonding, attachment and emotions, the universal cornerstones of healthy relationships. An indispensable resource for readers who would like to manage their relationship problems independently through home study Delivers powerful techniques for dealing with unpleasant emotions, rather than repressing them and for responding constructively to complex relationship issues The perfect introduction to EFT basics for therapists considering expanding their practices to include emotionally focused therapy methods Packed with fascinating and instructive case studies and examples of EFT in action, from the authors' case files Provides valuable guidance on finding, selecting and working with the right EFT certified therapist

### **The Emotionally Absent Mother**

"Fans of R.J. Palacio's Wonder will appreciate this feel-good story of friendship and unconventional smarts." --Kirkus Reviews Ally has been smart enough to fool a lot of smart people. Every time she lands in a new school, she is able to hide her inability to read by creating clever yet disruptive distractions. She is afraid to ask for help; after all, how can you cure dumb? However, her newest teacher Mr. Daniels sees the bright, creative kid underneath the trouble maker. With his help, Ally learns not to be so hard on herself and that dyslexia is nothing to be ashamed of. As her confidence grows, Ally feels free to be herself and the world starts opening up with possibilities. She discovers that there's a lot more to her--and to everyone--than a label, and that great minds don't always think alike. The author of the beloved One for the Murphys gives readers an emotionally-charged, uplifting novel that will speak to anyone who's ever thought there was something wrong with them because they didn't fit in. This paperback edition includes The Sketchbook of Impossible Things and discussion

questions. A New York Times Bestseller! \* "Unforgettable and uplifting."--School Library Connection, starred review \* "Offering hope to those who struggle academically and demonstrating that a disability does not equal stupidity, this is as unique as its heroine."--Booklist, starred review \* "Mullaly Hunt again paints a nuanced portrayal of a sensitive, smart girl struggling with circumstances beyond her control." --School Library Journal, starred review

## **Alexithymia**

In this unique, profoundly inspirational memoir, Divorce Court star Judge Lynn Toler shares her mother's wisdom for learning to conquer anger and become immune to insult. Toler credits her mother's "rules" for life – a life that saw her grow up the daughter of a poor teen mother and endure a husband who suffered mental illness and alcoholism – with providing the grounding for her own success and happiness. Toler shows how the mindset of "a black woman who knew how to make things work" taught her the power of knowing how to manage one's emotional business—lessons that this book offers in wrenching stories written in spare and graceful prose. My Mother's Rules is an unforgettable book that will captivate readers with its illustrations of how to rise above the most difficult circumstances and find peace and success in life.

## **Emotional Intelligence 2.0**

Sorting out the scientific facts from the unsupported hype about emotional intelligence. Emotional intelligence (or EI)—the ability to perceive, regulate, and communicate emotions, to understand emotions in ourselves and others—has been the subject of best-selling books, magazine cover stories, and countless media mentions. It has been touted as a solution for problems ranging from relationship issues to the inadequacies of local schools. But the media hype has far outpaced the scientific research on emotional intelligence. In *What We Know about Emotional Intelligence*, three experts who are actively involved in research into EI offer a state-of-the-art account of EI in theory and practice. They tell us what we know about EI based not on anecdote or wishful thinking but on science. *What We Know about Emotional Intelligence* looks at current knowledge about EI with the goal of translating it into practical recommendations in work, school, social, and psychological contexts.

## **Achieving Emotional Literacy**

BONUS: This edition contains an excerpt from Dr. Susan Forward's *Men Who Hate Women and the Women Who Love Them*. When you were a child Did your parents tell you were bad or worthless? Did your parents use physical pain to discipline you? Did you have to take care of your parents because of their problems? Were you frightened of your parents? Did your parents do anything to you that had to be kept secret? Now that you are an adult Do your parents still treat you as if you

were a child? Do you have intense emotional or physical reactions after spending time with your parents? Do your parents control you with threats or guilt? Do they manipulate you with money? Do you feel that no matter what you do, it's never good enough for your parents? In this remarkable self-help guide, Dr. Susan Forward drawn on case histories and the real-life voices of adult children of toxic parents to help you free yourself from the frustrating patterns of your relationship with your parents -- and discover an exciting new world of self-confidence, inner strength, and emotional independence.

### **Negotiating the Nonnegotiable**

Learn how to overcome the problem of not understanding your own emotions and those of others. How do you say, "I love" and not die trying? Surely, you know someone, or maybe this happens to you, that sometimes you have difficulty expressing your emotions, especially when it comes to declaring your love to someone by saying, "I love you." But, there's also people who don't actually know what they feel for other people and what's most troubling, they're unable to understand the feelings that others have towards them. This is what's called alexithymia, and it's more widely spread than we think, it's estimated to affect one in every ten people worldwide. Discover all the keys in this book. What is it? Who does it affect? Can it be treated? Can alexithymia be prevented? "Boys don't cry" has been a tagline for little ones, for a long time, causing them not to know how to express their emotions in a healthy manner. Which has led to a society with "emotional illiteracy," words of Daniel Goleman, the father of Emotional Intelligence. Discover how the government of Canary Islands corrects these errors, educating the little ones to understand and appropriately express their own emotions while learning to understand and accept the emotions of others. Did you know that having high levels of alexithymia is associated with problems related to the psychology field? If you thought that suffering alexithymia didn't have bigger consequences than losing someone you love romantically for not declaring your love them, you have to know that not knowing how to express your emotions, whether they're positive or negative, is associated with addictions, eating disorders, or psychopathic personality disorders. Learn what this relationship is and how you can try to overcome it.

### **Fish in a Tree**

An exploration of what lies behind our problematic behavioural patterns in the workplace and how we can overcome them.

### **Handbook for Developing Emotional and Social Intelligence**

If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your

parent's behavior. These wounds can be healed, and you can move forward in your life. In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life. Discover the four types of difficult parents: The emotional parent instills feelings of instability and anxiety The driven parent stays busy trying to perfect everything and everyone The passive parent avoids dealing with anything upsetting The rejecting parent is withdrawn, dismissive, and derogatory

### **Emotional Intelligence**

In response to clinical need, this important new book covers in depth the research, theory and clinical issues surrounding alexithymia.

### **What We Know about Emotional Intelligence**

The mental well-being of children and adults is shockingly poor. Marc Brackett, author of *Permission to Feel*, knows why. And he knows what we can do. "We have a crisis on our hands, and its victims are our children." Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this

book can show you how.

## **F\*ck Feelings**

Being aware of and in control of your emotions is one of the keys to success in life -- both professionally and personally. Emotional Intelligence For Dummies will show you how to take control of your emotions rather than letting your emotions control you! Discover how developing your emotional intelligence can further your relationships with others, in the workplace and at home. Emotional awareness is also a critical skill for career success, and Dr. Stein provides practical exercises for developing this skill and achieving your professional and personal goals. He also provides valuable insights into how emotional intelligence can be applied to raising children and teenagers and realizing personal happiness. Full of lively anecdotes and practical advice, Emotional Intelligence For Dummies is the ideal book for anyone who wants to get smart about their feelings and reach the next level at work and at home. Manage your emotions - identify your feelings, determine what beliefs cause negative emotions, and stop self-destructive behaviors Discover the power of empathy - read other people's emotions through facial cues and body language and show them you understand their feelings Thrive at work - find a job that's right for you, overcome hassles and fears, and develop your leadership skills Build and sustain meaningful relationships - discover how to take your partner's emotional temperature and manage emotions to grow closer Raise an emotionally intelligent child - keep your cool with your child, coax shy children out of their shells, and get your child to be less aggressive and defiant

## **How Emotions Are Made**

Intelligence That Comes from the Heart Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. Raising an Emotionally Intelligent Child is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. Raising an Emotionally Intelligent Child will equip parents with a five-step "emotion coaching" process that teaches how to: \* Be aware of a child's emotions \* Recognize emotional expression as an opportunity for intimacy and teaching \* Listen empathetically and validate a child's feelings \* Label emotions in words a child can understand \* Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation Written for parents of children of all ages, Raising an Emotionally Intelligent Child will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

## **The CBT Workbook for Perfectionism**

The only self-help book you'll ever need, from a psychiatrist and his comedy writer daughter, who will help you put aside your unrealistic wishes, stop trying to change things you can't change, and do the best with what you can control—the first steps to managing all of life's impossible problems. Need to stop screwing up? Feel like you're under a loser's curse? Work with an ass? Want to clear your name or get justice, rescue an addicted person, get closure after childhood abuse, get a lover to commit, not ruin your kid? Although other self-help books claim to reveal the path to happiness, *F\*ck Feelings* warns that convincing yourself that there is such a path will actually lead you to feel like a true failure. What the Bennetts can promise you is that you can manage any situation life throws at you if you can keep your sense of humor, bend your wishes to fit reality, restrain your feelings, manage bad behavior, and do what you think is right. Life is hard. It's not fair. Our feelings cloud our rationality, and we become tangled in our efforts to achieve the impossible or change the unchangeable. In this groundbreaking, entirely sensible, and funny book, the Bennetts open the shrink's secret solution manual and show you how to find a new kind of freedom by working toward realistic goals and doing the best with what you can control. They address the most common problems Dr. Bennett's patients bring to his private practice—problems with family, love, work, self-esteem, garden variety assholes, and more—and give you a script for going forward. With no-bullshit advice from a Harvard-educated shrink freed of all jargon and patronization by his smart-ass, comedy writer daughter, *F\*ck Feelings* is the cut-to-the-chase therapy session you've been looking for.

## **Flamer**

Emotional literacy is the ability to understand one's own feelings and to empathise with others in a way that enhances living. In this work Steiner shows how emotional intelligence can be developed by following his three stage training programme. Practical exercises and questionnaires are included. First he shows how to open the heart with techniques to break down the barriers which separate us from our feelings. Next he teaches how feelings can be recognised and expressed productively, and how to listen with empathy as others express their emotions. Finally he shows how to take the responsibility by means of defining problems in relationships, accepting our role in them and making meaningful changes. Practical exercises to nurture emotional literacy skills and questionnaires which allow the reader to evaluate their EQ appear throughout, whilst real-life examples are also given.

## **Toxic Parents**

Red Pill Psychology provides a new look at men's mental health while rejecting the usual approaches of the mainstream therapeutic industry - its gendered assumptions, casual misandry, default gynocentrism, and general disregard of men's

issues. The authors include a critique of modern sexual relations and offer new models with positive suggestions for improving the wellbeing of men and boys.

## **Raising An Emotionally Intelligent Child**

Hailed for its coiled eroticism and the moral claims it makes upon the reader, this mesmerizing novel is a story of love and secrets, horror and compassion, unfolding against the haunted landscape of postwar Germany. When he falls ill on his way home from school, fifteen-year-old Michael Berg is rescued by Hanna, a woman twice his age. In time she becomes his lover—then she inexplicably disappears. When Michael next sees her, he is a young law student, and she is on trial for a hideous crime. As he watches her refuse to defend her innocence, Michael gradually realizes that Hanna may be guarding a secret she considers more shameful than murder.

## **The Emotionally Intelligent Manager**

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

## **Freak the Mighty**

Chronicles the life of the founder of Liberty Media, from his protests against the Vietnam War and his jam sessions with Sha Na Na through his work as a political consultant and businessman and his battle against cancer.

## **Emotional Intelligence For Dummies**

New York Times best-selling author and primatologist Frans de Waal explores the fascinating world of animal and human emotions. Frans de Waal has spent four decades at the forefront of animal research. Following up on the best-selling *Are We Smart Enough to Know How Smart Animals Are?*, which investigated animal intelligence, *Mama's Last Hug* delivers a

fascinating exploration of the rich emotional lives of animals. *Mama's Last Hug* begins with the death of Mama, a chimpanzee matriarch who formed a deep bond with biologist Jan van Hooff. When Mama was dying, van Hooff took the unusual step of visiting her in her night cage for a last hug. Their goodbyes were filmed and went viral. Millions of people were deeply moved by the way Mama embraced the professor, welcoming him with a big smile while reassuring him by patting his neck, in a gesture often considered typically human but that is in fact common to all primates. This story and others like it form the core of de Waal's argument, showing that humans are not the only species with the capacity for love, hate, fear, shame, guilt, joy, disgust, and empathy. De Waal discusses facial expressions, the emotions behind human politics, the illusion of free will, animal sentience, and, of course, Mama's life and death. The message is one of continuity between us and other species, such as the radical proposal that emotions are like organs: we don't have a single organ that other animals don't have, and the same is true for our emotions. *Mama's Last Hug* opens our hearts and minds to the many ways in which humans and other animals are connected, transforming how we view the living world around us.

## **Running on Empty**

As a child, Luke's mother often tells him the story of the Dumb House, an experiment on newborn babies raised in silence, designed to test the innateness of language. As Luke grows up, his interest in language and the delicate balance of life and death leads to amateur dissections of small animals - tiny hearts revealed still pumping, as life trickles away. But as an adult, following the death of his mother, Luke's obsession deepens, resulting in a haunting and bizarre experiment on Luke's own children.

## **Mama's Last Hug: Animal Emotions and What They Tell Us about Ourselves**

Was your mother too busy, too tired, or too checked-out to provide you with the nurturing you needed as a child? Men and women who were "undermothered" as children often struggle with intimate relationships, in part because of their unmet need for maternal care. *The Emotionally Absent Mother* will help you understand what was missing from your childhood, how this relates to your mother's own history, and how you can fill the "mother gap" by: Examining the past with compassion for yourself and your mother Finding the child inside of you and learning to mother yourself Opening to the archetype of the Good Mother Allowing friends and loved ones to provide support, guidance, and other elements of good mothering that you missed Through reflections, exercises, and clear explanations, psychotherapist Jasmin Lee Cori helps adult sons and daughters heal the wounds left by mothers who failed to provide the essential ingredients that every child needs. She traces perceived personal "defects" back to mothering deficits, relieving self-blame. And, by teaching today's undermothered adults to cultivate the mothering they missed, she helps them secure a happier future—for themselves and their children.

## **The Dumb House**

“Fascinating . . . A thought-provoking journey into emotion science.” — Wall Street Journal “A singular book, remarkable for the freshness of its ideas and the boldness and clarity with which they are presented.” — Scientific American “A brilliant and original book on the science of emotion, by the deepest thinker about this topic since Darwin.” — Daniel Gilbert, best-selling author of *Stumbling on Happiness* The science of emotion is in the midst of a revolution on par with the discovery of relativity in physics and natural selection in biology. Leading the charge is psychologist and neuroscientist Lisa Feldman Barrett, whose research overturns the long-standing belief that emotions are automatic, universal, and hardwired in different brain regions. Instead, Barrett shows, we construct each instance of emotion through a unique interplay of brain, body, and culture. A lucid report from the cutting edge of emotion science, *How Emotions Are Made* reveals the profound real-world consequences of this breakthrough for everything from neuroscience and medicine to the legal system and even national security, laying bare the immense implications of our latest and most intimate scientific revolution. “Mind-blowing.” — Elle “Chock-full of startling, science-backed findings . . . An entertaining and engaging read. ” — Forbes

## **Adult Children of Emotionally Immature Parents**

"Find out how to successfully resolve your most emotionally charged conflicts. In this landmark book, world-renowned Harvard negotiation expert Daniel Shapiro presents a groundbreaking, practical method to reconcile your most contentious relationships and untangle your toughest conflicts. Before you get into your next conflict, read *Negotiating the Nonnegotiable*. It is not just "another book on conflict resolution," but a crucial step-by-step guide to resolve life's most emotionally challenging conflicts--whether between spouses, a parent and child, a boss and an employee, or rival communities or nations. These conflicts can feel nonnegotiable because they threaten your identity and trigger what Shapiro calls the Tribes Effect, a divisive mind-set that pits you against the other side. Once you fall prey to this mind-set, even a trivial argument with a family member or colleague can mushroom into an emotional uproar. Shapiro offers a powerful way out, drawing on his pioneering research and global fieldwork in consulting for everyone from heads of state to business leaders, embattled marital couples to families in crisis. And he also shares his insights from negotiating with three of the world's toughest negotiators--his three young sons. This is a must read to improve your professional and personal relationships"--

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