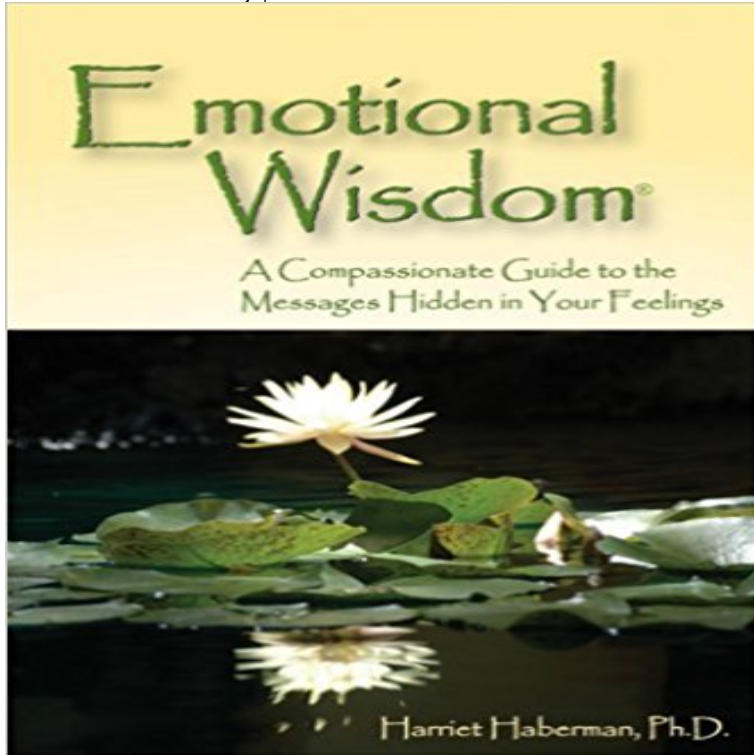


# Emotional Wisdom: A Compassionate Guide to the Messages Hidden in Your Feelings



A clear and useful guide for managing emotions and healing our minds and bodies.--Harville Hendrix, Ph.D., Author, *Getting the Love You Want: A Guide for Couples* Dr. Harriet Habermans book is both a practical and wonderful companion on an individuals journey through self-exploration and healing. The discussions about understanding emotions and their hidden messages are clear and brilliant. Dr. Habermans book also offers a strong case for how Emotional Wisdom puts the message of *The Secret*, by Rhonda Byrne, into applicable steps. This is a well-written, extremely compassionate, and, therefore, useful book. I must admit, Emotional Wisdom has already worked its magic on me. I have greatly benefited from Dr. Habermans wisdom, but even more from her heart.--Maureen Buchanan Jones, Ph.D., Contributing Author, *Letters to Fathers from Daughters* Rich with insight and caring, Emotional Wisdom teaches us to trust and honor our truest guides: our emotions and our bodies clues to them. Dr. Habermans skillful blend of information and client examples provides a firm grounding for our movement into gentle exercises that help us listen deeply to our feelings. Specific, empowering guidance fills these pages. By nurturing self-awareness, self-acceptance, and clear intention, Emotional Wisdom becomes a treasured compass for our journey toward emotional healing and wholeness.--Sharon A. Sharp, Ph.D., Editor, Contributing Author, *Expressive Arts Therapy: Creative Process in Art and Life* With warmth and clarity, Emotional Wisdom will:

- \* Teach you to befriend your feelings and their valuable messages
- \* Guide you in developing self-compassion
- \* Empower you to make wiser choices
- \* Provide you with exercises and client examples to enhance your understanding
- \* Offer you a road map to inner peace

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