



# **Emotional Discipline: The Power to Choose How You Feel; 5 Life Changing Steps to Feeling Better Every Day**

*Charles C. Manz*

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Emotions sometimes get the better of everyone, but it doesn't have to be that way. We can learn how to analyze and control our emotional reactions in any situation.

Emotional Discipline outlines an easy-to-learn process and 25 specific tactics that you can use to gain the power to choose how you feel. You'll learn to cope with a stressful and sometimes threatening world and deal with arguably the most challenging part of the human condition: the constant fluctuations in how you feel that color your experience of life and limit your personal effectiveness.

Emotional Discipline offers strategies that will help you respond to your feelings in the present and to prepare for emotional challenges in the future. Charles Manz outlines the basics of the 5-stage emotional discipline process and describes a variety of mental, physical and spiritual practices that supplement and strengthen that process.

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