



# The Power of Feelings: A Practical Guide to Emotional Intelligence

*Vivian Dittmar*

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# The Power of Feelings: A Practical Guide to Emotional Intelligence

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## **The Power of Feelings: A Practical Guide to Emotional Intelligence** Vivian Dittmar

Your Feelings determine who you are and how you live your life. Like most people, you probably spend a lot of time and money trying to create or avoid certain feelings. In order to liberate the true power of your feelings, you need to understand their real purpose. They are the keys to your emotional potential and intelligence. Learn why feelings like anger, sadness, fear and shame are really the key to your clarity, love, creativity, humility and natural authority — and how you can unlock it!

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