

# How to Survive College Emotionally

Pages: 113

Publisher: Ironox Works, Inc. (September 8, 2012)

Format: pdf, epub

Language: English

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Life doesn't come with an instruction manual on how to flourish emotionally. So it's not surprising that many people fail to live well emotionally; many people are troubled by such negative emotions as fear, anger, loneliness, sadness, and grief. The younger you are, the more emotionally afflicted you are likely to be. However, there is good news: although at least occasional physical pain is inevitable, emotional suffering is optional. This book explains the nature of emotions and provides three techniques for getting rid of negative emotions and reducing the frequency with which they trouble you. Any adult, whether in college or not, can understand the techniques for flourishing emotionally. Once you understand them, you may begin to practice them regularly. As soon as you do that, you'll realize directly for yourself how much brighter your emotional future will become.

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