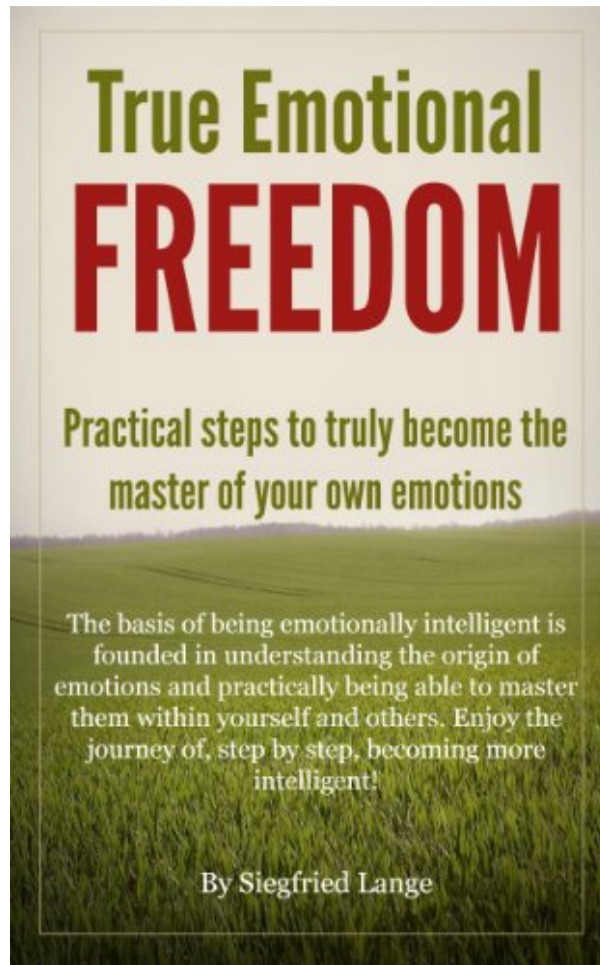
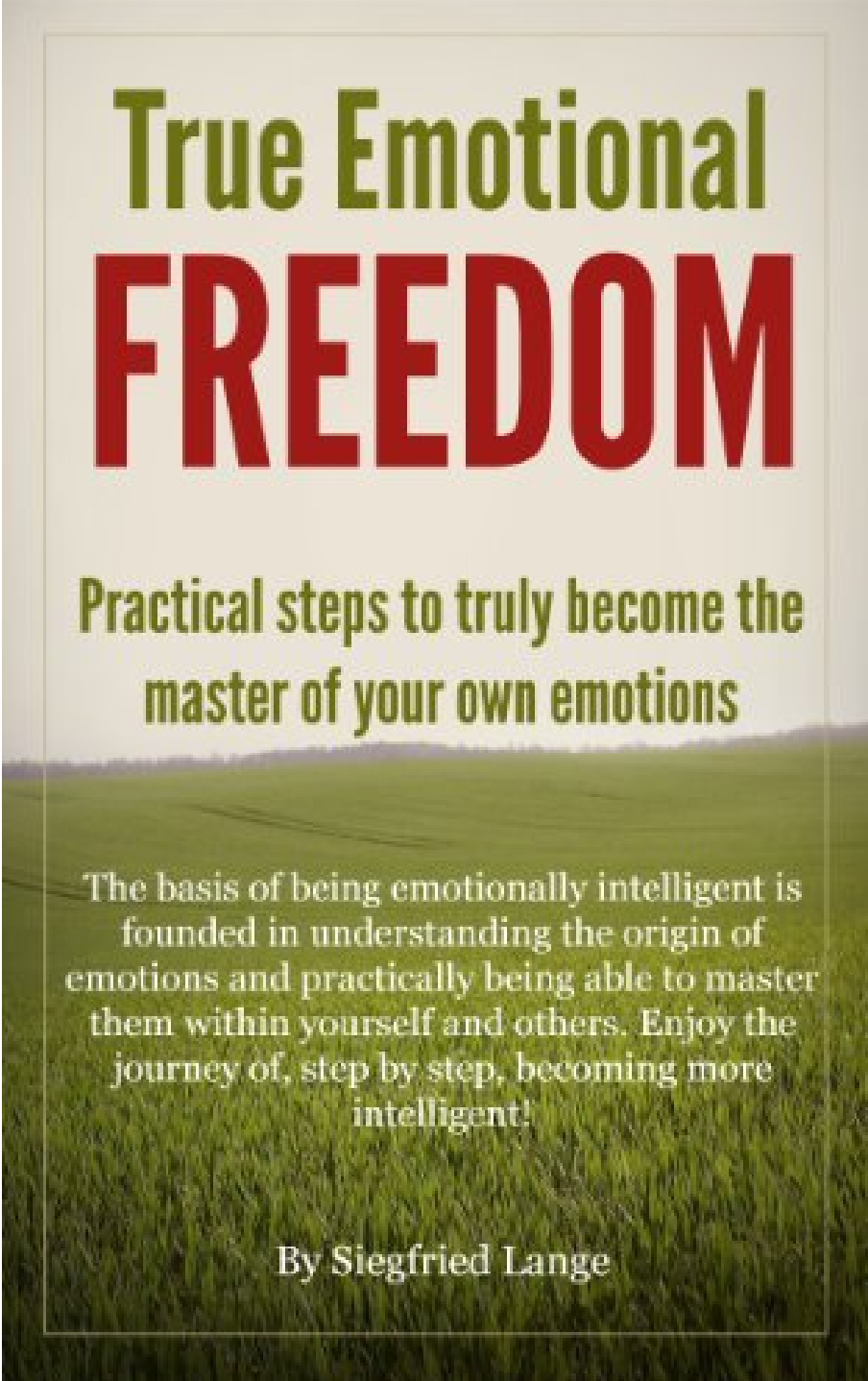


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The book is the result of a wellness program and one on one counselling session insights. It is focused on increasing the readers emotional intelligence via greater understanding of the origin of emotions. Through its practical models and thought provoking discussions it invokes greater emotional awareness and increased emotion managements skills. All of the above will result in a more emotionally stable reader with a good understanding of their environment and greater relationship skills.

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