



Emotional Fitness

Paul Bird

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Emotional Fitness is a must read for anyone who has ever wondered what drives the way we think and feel. Providing a fascinating insight into the world of human emotions it explores the science behind the emotional - rational battle which takes place in the brain resulting in so many of today's emotional problems. Using a unique model (the SEARCH), derived from the authors own coaching experiences with clients, it examines the link between human instincts, emotions and thoughts and provides a wealth of Emotional Fitness tips to help people cope with the pressures of modern living.

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