



The Emotional Toolkit: Seven Power-Skills to Nail Your Bad Feelings

Darlene Mininni

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Have you ever been stuck in a bad mood? Are you often helpless to stop your mind's negative thinking? Can you find peace when you're feeling overwhelmed?

Imagine what life would be like if you had an emotional toolkit. When confused or upset, you'd have powerful tools at your fingertips to help you understand your emotions and master your troubling feelings. With *The Emotional Toolkit*, help has arrived.

Meticulously researched, *The Emotional Toolkit* is a remarkable guide based on a highly successful course Dr. Darlene Mininni developed and taught to undergraduate women at UCLA. Now she's offering this essential information to women of all ages. Written with warmth and intelligence, Dr. Mininni teaches you the messages your emotions are trying to send you. She offers seven concrete, easy-to-follow "power-tools" scientifically proven to boost your emotional well-being.

With an emotional toolkit, you will harness the power of your mind and body to reduce your distress. Scientists confirm that women using the strategies from *The Emotional Toolkit* have less anxiety and sadness and are happier and more optimistic than before. And you can be, too.

Filled with helpful tips, quizzes, resources and insightful case studies, The Emotional Toolkit is an inspiring lesson on how to take charge of your emotions and create more happiness in your life. Finally, here is the emotional education you never received.

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