



# **Emotional Advantage: Embracing All Your Feelings to Create a Life You Love**

*Randy Taran , Dalai Lama XIV (Foreword)*

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**Award-winning author, producer, and founder of Project Happiness, Randy Taran knows that every emotion, feeling, and mental state has the power to bring us back to our true essence, and that readers can use *Emotional Advantage* as a guide to get there.**

In recent years, there has been an overwhelming interest in the science of happiness and positive psychology, and many books on the subject. There is a good reason for this: it is a core, universal human drive. And while happiness has opened the door for many to move forward, there is a burgeoning curiosity about the full range of human emotions, all of which factor into the human experience. What do we do when life does not go as planned?

Neuroscience reveals that to understand and utilize any emotion, we need to "name it to tame it." It turns out that even negative emotions have something to offer, if we know how to learn from them. Have you ever woken up in a fog of feelings and felt directionless? Or maybe it was hard to pinpoint exactly what you were feeling, but it wasn't where you wanted to be? What if we could actually use our feelings as a pathway to guide us back to our inner compass? What if, like alchemists, we had the tools to transform our emotions to take charge of creating our very best life? What if we could comprehend how even the most troublesome emotions are sending messages to alert, protect, and fuel us forward?

*Emotional Advantage* is that guide. It will show us how a new perspective on fear can move us to courage, how guilt can clarify our values, and how anger can help us create healthy boundaries.

## Emotional Advantage: Embracing All Your Feelings to Create a Life You Love Details

Date : Expected publication: June 4th 2019 by St. Martin's Essentials

ISBN : 9781250200051

Author : Randy Taran , Dalai Lama XIV (Foreword)

Format : Hardcover 304 pages

Genre : Self Help, Nonfiction

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