



Organize Your Emotions, Optimize Your Life: Decode Your Emotional DNA-and Thrive

Margaret Moore , Edward Phillips , John Hanc

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From a top wellness coach and a Harvard Medical School professor, comes this revolutionary book that will show you how to identify and decode your nine most basic emotional needs—and coach yourself to a calmer, healthier, and happier life.

The more you thrive, the better your brain functions, and you're able to perform at the best level. Your health improves. You enjoy life more. When you're thriving, your stress level is down, your confidence is up, and the internal frenzy is tamed by a poised, self-assured mind.

But if you're like the majority of Americans, you may be, in psychological terms, languishing rather than flourishing—surviving instead of thriving. For many, feeling overwhelmed and out of balance has become normal, a consequence of overlooking basic emotional needs. The key to reaching a happy, healthy state is by tapping into, not tuning out, your distinct emotions, and listening to the inner monologue inside your mind.

Organize Your Brain, Optimize Your Life combines the worlds of self-help, psychology, and medical science to guide you to a place of self-management and control. This insightful, approachable book will teach you how to identify, decode, and assess the nine most basic emotions that rule your brain and to recognize each of these voices and act accordingly to achieve a wide range of goals—from weight loss to career management. Coach your brain to gain deeper insight of your individual needs and live life to your maximum potential.

Organize Your Emotions, Optimize Your Life: Decode Your Emotional DNA-and Thrive Details

Date : Published September 6th 2016 by William Morrow Paperbacks

ISBN :

Author : Margaret Moore , Edward Phillips , John Hanc

Format : Kindle Edition 307 pages

Genre : Psychology, Self Help, Nonfiction

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Gena M Curry says

If I had rated this book immediately after finishing, I would have rated it lower. The dialogues annoyed me and I struggled to finish reading. But oddly, a week later, I find myself thinking about the concepts in the book and using them.

Bohdan Pechenyak says

An excellent exposition of the theory and applications of the multiplicity of mind. Inner Family Therapy was developed based on this perspective. This book presents Inner Family as interplay among nine subpersonalities, each with its own voice, all moderated and integrated by the Mindful Self. They are: Autonomy, Body Regulator, Confidence, Standard Setter, Curious Adventurer, The Creative, Executive Director, The Relational, Meaning Maker. Going through a Roll Call and identifying each voice is the key to organizing our emotions and thriving in our lives.

Stephanie Hatch says

I got this book from goodreads first reads. This book was a little bit far out for me but with the help of some well placed cultural references (most notable Pixar's Inside Out at the beginning) I was able to get the gist pretty well. The back half that had an in depth look at the different personalities was the more interesting part of the book for me. One thing that I found super odd is that in the for example parts "Dr Eddie" would use first persons stories but - and this could totally be an interpretation error - Coach Meg was always referred to in the third person or as an a-la-Greek-muse-chime-in quote.

Amanda says

Found this title when I was searching the library for titles related to emotional intelligence. In it, you learn to categorize the voices present in your self talk. It was an interesting take that made sense, although it's more indirect in its approach to increasing EQ skills (like self-awareness, self-regulation, good decision making, etc).

Sandy Richter says

I really liked this book a lot. It really helped myself in many different ways. I recommend this book but at the same time I also know that self-help books can meet ones needs but not the other. For me this was a great book.

Vicki says

This is a fairly quick read, lean and well-written. The 9 voices identified are recognizable, so the concept is easy enough to grasp and, all Sybil jokes aside, believable. I thought the case studies were interesting and useful. The last chapter is a worthy recap and a final statement with good guidelines if the reader wants to dig into the psyche deeper.
