



Emotions: Can You Trust Them?: The Best-Selling Guide to Understanding and Managing Your Feelings of Anger, Guilt, Self-Awareness and Love

By Dr. James Dobson

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Dr. James Dobson provides practical guidelines and simple steps to help anyone understand their emotions so that they can improve interaction with others. Love, anger, and guilt are emotions that can be a very positive force in our lives if we learn to recognize and cope with these aspects of who we are. The sound teaching of this book will help dispel the myths surrounding the way we think about our emotions and will separate distorted thinking from the real thing. Learn how to interpret and understand a broad range of emotions and separate fantasy from reality.

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- Rank: #303154 in Books
- Brand: Baker Pub Group/Baker Books
- Published on: 2003-08-08
- Released on: 2003-08-08
- Original language: English
- Number of items: 1
- Dimensions: 7.90" h x .33" w x 5.10" l, .41 pounds
- Binding: Paperback
- 144 pages

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Editorial Review

About the Author

Dr. James Dobson is the founder of Family Talk, a nonprofit organization that produces his radio program, *Dr. James Dobson's Family Talk*. He has an earned PhD from the University of Southern California, and is the author of more than fifty books dedicated to the preservation of the family. Dr. Dobson served as an associate clinical professor of pediatrics at the University of Southern California School of Medicine for 14 years. He is married to Shirley and they have two grown children, Danae and Ryan, and two grandchildren.

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