



Emotions Can You Trust Them

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—for instance, distinguishing between infatuation and true love. Learn how to interpret and understand a broad range of emotions and separate fantasy from reality.

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