

## **Mindfulness Meets Emotional Awareness**

**7 Steps to Learn the Language of your Emotions**

**Change your Perspective... Change your Life!**

**The second in the series of books “The Intelligence of Our Emotions”**

**By**

**Jenny Florence**

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## **About this Book.**

### **Daily Invitations.**

This book is pragmatic, down-to-earth and free of psychological jargon.

In just seven days, readers are guided on a step-by-step comprehensive journey that introduces each of our most challenging emotions with clear understanding as to why every single emotion that we have is necessary, valuable and serves a purpose.

Bite-sized chapters can be read in just 20 -25 minutes a day and can be returned to easily during any emotionally challenging times. The Audio version of the book is slightly longer.

Each chapter contains an additional section of pragmatic invitations and exercises that are designed to integrate and expand emotional knowledge and awareness into everyday real-life situations.

Self-awareness is often likened to the layers of an onion. Each time we apply a chapter to a particular situation, either for the first time or in returning again, the daily invitations are designed to enable another layer of emotional awareness to unfold.

As we expand our awareness, we can in turn discover how to actively use our emotions as a vital ally in navigating our lives successfully.

## **Additional Resources to Support your Journey.**

### **Emotional Meditation**

A 15 Day Series of Meditations based on this book can be accessed through Jenny's on-line Library. The A-Z of Emotional Health. A free public resource supporting all aspects of mental and emotional health and well-being.

[www.a-z-of-emotionalhealth.com](http://www.a-z-of-emotionalhealth.com)

Jenny also offers readers the opportunity to receive updates about Free Audios and Free Meditations. If this is of interest to you, please register your details on her homepage.

[www.jennyflorencehealth.com](http://www.jennyflorencehealth.com)

### **Chapter 1**

(Additional Resources 1. The Difference between Confidence and Self-Esteem. Audio. © Jenny Burgess A-Z of Emotional Health on-line Library, a free on-line resource <http://bit.ly/2sY9ajY> )

(Additional Resources 2. Recommended further reading. Super Genes. Deepak Chopra, M.D. and Rudolph Tanzi, Ph.D. <http://amzn.to/2uI2vOM> )

(Additional Resources 3. Further reading. Huffington Post Blog. Why our Right to Choose Keeps Us Healthy. © Jenny Florence 2015 <http://huff.to/29kHxdA> )

### **Chapter 2**

(Additional Resources 4. Further reading. Jasvinda Sanghera. Shame. <http://amzn.to/2uFNcq7> )

(Additional Resources 5. A Meditation. The Art of Saying Yes and Saying No. © Jenny Burgess A-Z of Emotional Health on-line Library, a free on-line resource <http://bit.ly/2r6cVXo> )

### **Chapter 3**

(Additional Resources & Links 6 <http://www.drnorthrup.com/> )

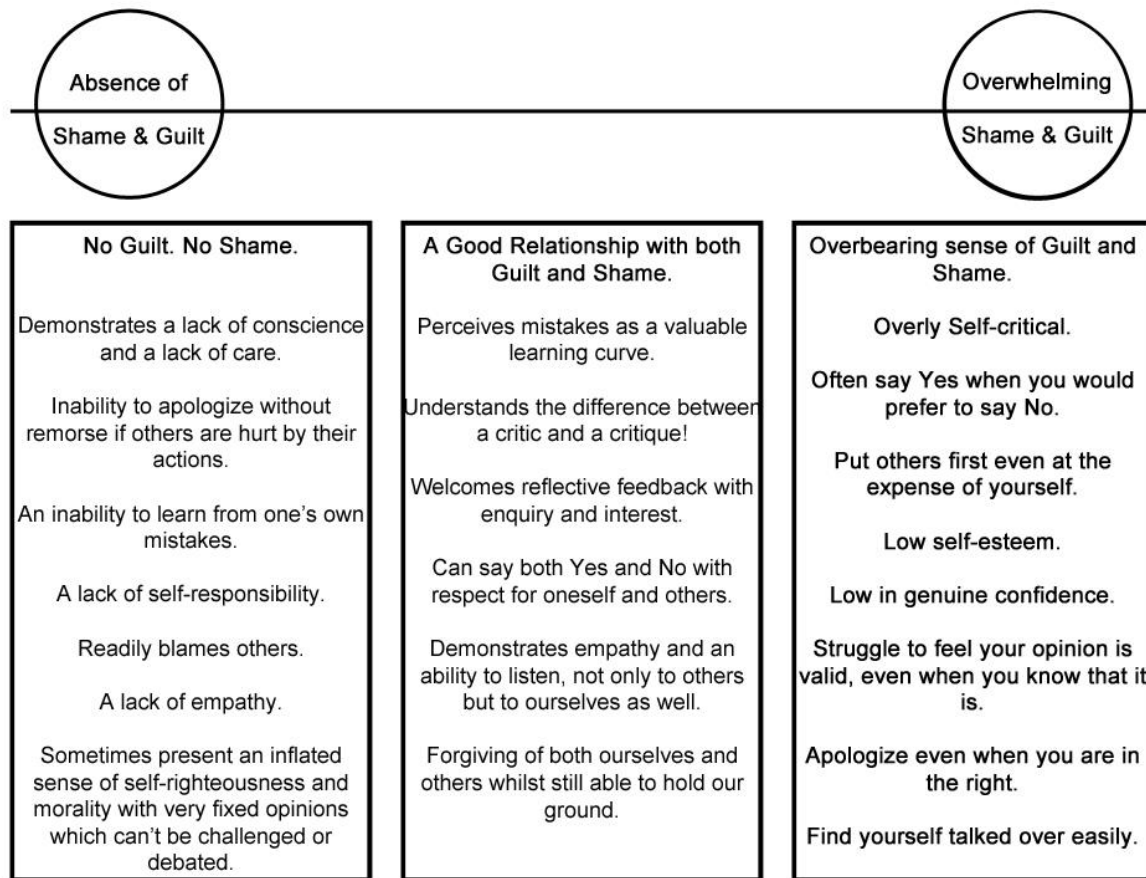
## **Chapter 4**

(Additional Resources 7. Child Logic. An audio resource from the Psychology of Emotion Series. © Jenny Burgess A-Z of Emotional Health on-line Library, a free on-line resource <http://bit.ly/2p49qMp> )

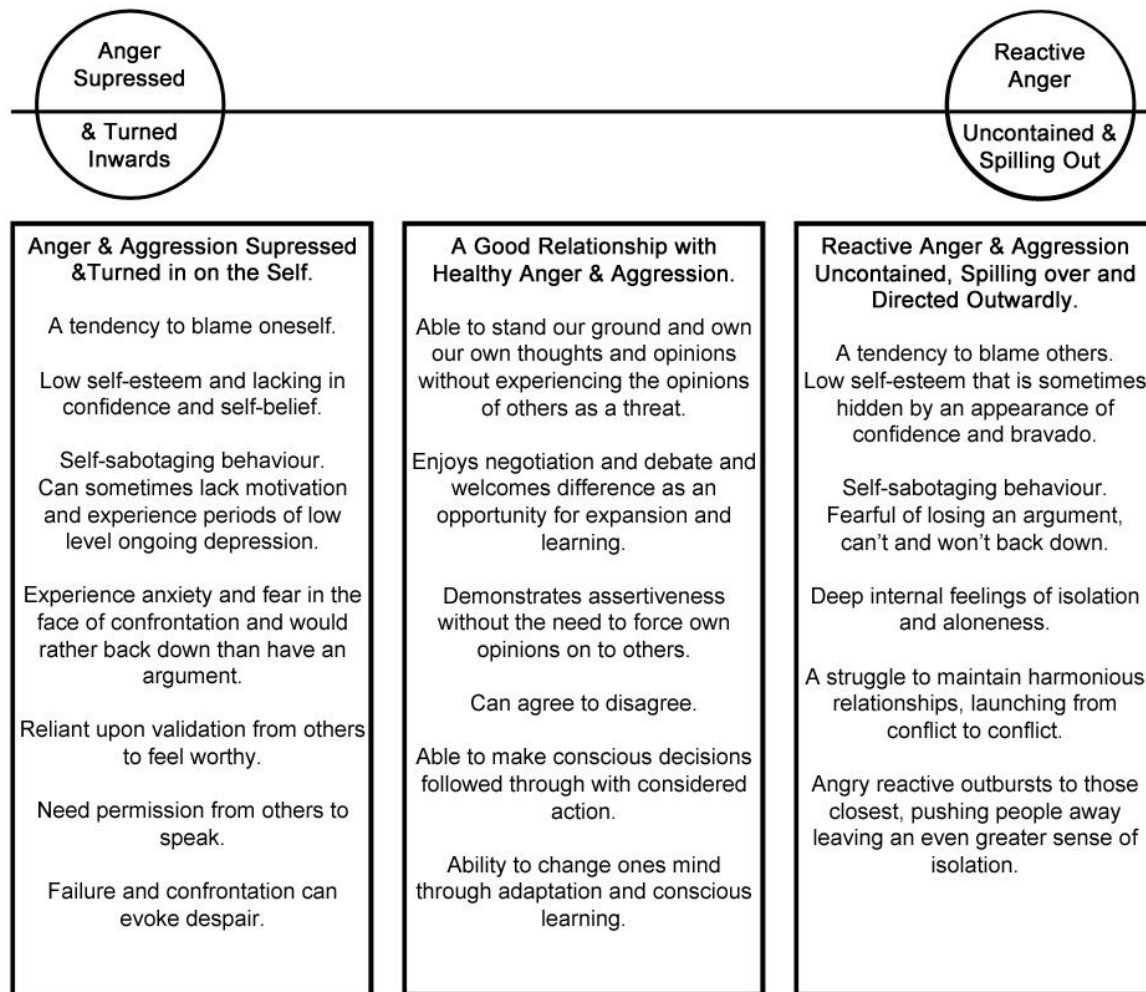
## **Chapter 6**

(Additional Resources 8. The Sadness of Moving Forwards. An audio resource from the Psychology of Emotion Series. © Jenny Burgess A-Z of Emotional Health on-line Library, a free on-line resource <http://bit.ly/2vEgMtJ> )

**Diagram 1**



**Diagram 2**



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