



# Handling Your Own Emotions

*Ellen Seigel*

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## **Handling Your Own Emotions** Ellen Seigel

One of the hardest things to overcome in our life is deprogramming ourselves from the practice of pushing down feelings, especially negative ones. We are taught at a young age to 'suck it up' or 'don't cry' or even worse, eat through those feelings. But did you know that the true pathway to happiness is being able to accept all feelings? Both good and bad. Handling Your Own Emotions is a gentle way to probe those feelings, learn how to accept them and how to move on. The feelings are dealt with and not bottled up inside festering. Once we unlock this door, magic happens. Space opens up and intrinsic happiness awaits you!

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