

Have you ever lost it? Said or done something you wish you hadn't? Or maybe you didn't say or do something and wish you had! If you understand why this happens, it's easier to manage it. And that's what this short introductory eBook is about: Keeping control of our emotions. It shows us why, in a split second, we can lose control and provides tips and strategies on what we can do about it. This quick and easy read is ideal for busy leaders or change managers who want to develop their emotional and reaction management skills. It also provides insights into why people react negatively to change and withhold their buy-in.

Rough Country: How Texas Became America's Most Powerful Bible-Belt State, Hunger for Touch:, The Art of Marriage: A Study of Love and Commitment, Cell 3116 or How to Marry a Loser Without Even Trying, The Beginners Guide to the Gift of Prophecy, Highbone Theater,

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