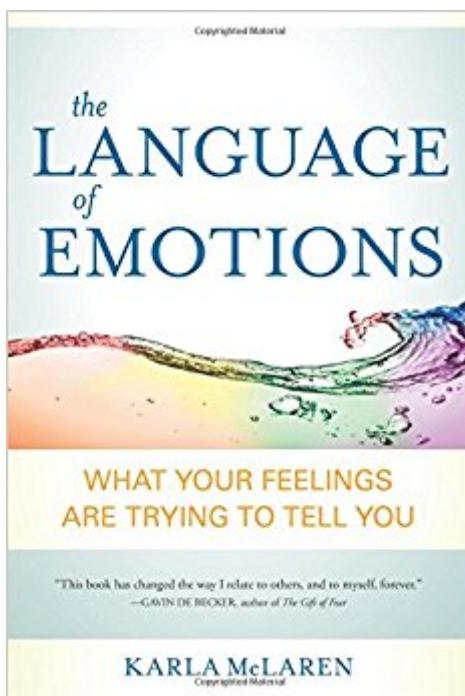


The book was found

The Language Of Emotions: What Your Feelings Are Trying To Tell You



Synopsis

Your emotions contain brilliant information. When you learn to welcome them as your allies, they can reveal creative solutions to any situation. For 35 years, empathic counselor and researcher Karla McLaren has developed a set of practical tools for the real-world stresses of family, career, and the quest for personal fulfillment. In *The Language of Emotions*, she presents her breakthrough teachings for a new and empowering relationship with your feeling states. Your emotions—especially the dark and dishonored ones—hold a tremendous amount of energy. We've all seen what happens when we repress or blindly express them. However, there is a powerful alternative. In *The Language of Emotions*, you'll learn to meet your emotions and engage with them to safely move toward resolution and equilibrium. Through experiential exercises covering a full spectrum of feelings from anger, fear, and shame to jealousy, grief, joy, and more, you will discover how to work with your own and others' emotions with fluency and expertise. When we relate to our emotions with respect and authenticity, we can directly access our innermost wisdom, unfold the deepest parts of ourselves, and heal our most painful wounds. The Language of Emotions gives us a much-needed resource for self-understanding and freedom: How to overcome addictions, distractions, and unresolved trauma—the three primary impediments to emotional easeUsing the energy of anger to protect and restore personal boundariesStep-by-step guidance in the five skills of the empath (someone skilled in reading emotions)How to balance your *equaternity* • a metaphor for the interplay of mind, body, spirit, and emotionsHonoring sadness as a source of release and rejuvenationJoy, the natural response to beauty and communion *Praise* In my graduate education in counseling psychology, I found very little information about our emotions. Yet in my work as a therapist and educator, I've seen that emotions are key to healing. Karla McLaren's book offers an outstanding guide to the signals and messages emotions send us, along with clear instructions for intelligent and emotion-supporting actions we can take in response. Karla has made a huge contribution to the well-being of us all; *The Language of Emotions* will become required reading in all of my courses. *Nancy Feahan, MFT, adjunct professor of counseling psychology at the University of San Francisco* Karla McLaren's unique, empathic view of emotions surprisingly revalues even the most "negative" emotions and opens pathways to understanding the depths of the human soul. *Michael Meade, author of The World Behind the World and The Water of Life* This book changed the way I relate to others, and to myself, forever. *Gavin De Becker, author of The Gift of Fear* *Table of Contents* *Part I: Restoring Your Native Language* *Introduction- Creating a Conscious Life* *My Empathic Journey- The Difficult Beginnings of Empathy* *Troubled Waters* "How We Got So Confused" *It*

Takes a Village â “ Surrounding Your Emotions With Support Â Reviving Your Essential Nature â “ Making Room for Your Central Self Â Avoidance, Addiction, and Awakeningâ ”Understanding the Need for Distractions Â Unintentional Shamansâ ”The Role of Trauma in Soul-Making and Culture-Binding Â The Role of Emotions in the Resolution of Traumaâ ”Water Will Carry You Home Â The Steadfast Promise â “ Why Love is Not an Emotion Â Building Your Raftâ ”The Five Empathic Skills Â PART II :Â Embracing Your Emotions Â Wading Into the Water â “ Awakening All of Your EmotionsAnger:Â Protection and Restorationâ ”Includes Rage, Fury, and the Healing of Trauma Â Apathy and Boredomâ ”The Mask for Anger Â Guilt and Shameâ ”Restoring Integrity Â Hatredâ ”The Profound Mirrorâ ”Includes Resentment, Contempt, Disgust, and Shadow Work Â Fear: Intuition and Action â “ Includes Anxiety, Worry, and the Healing of Trauma Â Confusion:Â The Mask for Fear Â Jealousy and Envy:Â Relational Radarâ ”Includes Greed Â Panic and Terror:Â Frozen Fire â “ Includes Healing from Trauma Â Sadness:Â Release and Rejuvenation:Â Includes Despair and Despondency Â Grief:Â The Deep River of the Soul Â Depression:Â Ingenious Stagnationâ ”Focusing on Situational Depression Â Suicidal Urges:Â The Darkness Before Dawn Â Happiness:Â Amusement and Anticipation Â Contentment:Â Appreciation and Recognition Â Joy: Affinity and Communionâ ”Includes Exhilaration and Honoring Happiness in Others Â Stress and Resistance:Â Understanding Emotional Physics Â Emotions Are Your Native Languageâ ”The Fine Art of a Life Well Lived

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Customer Reviews

"In my graduate education in counseling psychology, I found very little information about our

emotions. Yet in my work as a therapist and educator, I've seen that emotions are key to healing. Karla McLaren's book offers an outstanding guide to the signals and messages emotions send us, along with clear instructions for intelligent and emotion-supporting actions we can take in response. Karla has made a huge contribution to the well-being of us all; The Language of Emotions will become required reading in all of my courses." â "Nancy Feehan, MFT, adjunct professor of counseling psychology at the University of San Francisco "Karla McLaren's unique, empathic view of emotions surprisingly revalues even the most "negative" emotions and opens pathways to understanding the depths of the human soul." â "Michael Meade, author of The World Behind the World and The Water of Life "This book changed the way I relate to others, and to myself, forever." â "Gavin De Becker, author of The Gift of Fear

Karla McLarenEmpath Karla McLaren is an award-winning author, social science researcher, and pioneering educator whose empathic approach to emotions has taken her through the healing of her own childhood trauma, into a healing career, and now into the study of sociology, anthropology, neurology, cognitive psychology, and education. She is the author of *The Language of Emotions: What Your Feelings Are Trying to Tell You* (Sounds True, 2010), the online course *Emotional Flow: Becoming Fluent in the Language of Emotions* (Sounds True, 2012) and *The Art of Empathy: A Complete Guide to Life's Most Essential Skill* (October, 2013). Karla has taught at such venues as the University of San Francisco, Omega Institute, Naropa University, Kripalu, and the Association for Humanistic Psychology. Additionally, as a prison arts educator with the William James Foundation, she has utilized singing, drumming, and drama to help men in maximum security prisons explore and heal long-held emotional traumas. She is currently developing new forms of Empathy and Social Interaction curricula for neurologically diverse populations. Karla lives in California with her husband, Tino Plank, a Master's level nurse educator who works in hospice and end-of-life care.

I am totally in love with Karla McLaren! I had seen that Linda Kahanov kept referring to Karla's work in her book, *Riding Between the Worlds*, so I wanted to see for myself. And I was impressed. Karla has a great understanding of emotions, how to use them and move forward with them. Beautiful work. And I was glad to get this in CD's instead of reading it. I also bought *The Art of Empathy* and *Emotional Genius*. Yes, I duplicated some things!

Got the language of emotions cards in a human growth and development psych class in grad

school, quickly bought the book because they're that good. Haven't finished the book, but it's one I'll come back to. I mostly skip around and read a bit on an emotion I'm looking for insight on and may or may not finish its chapter, but worth the investment, great book.

this book is amazing I had got it from the library at first then I had to order it so I can make notes and highlight things this book has given me clarity on so many things I been seeking answers to thank you I recommend it to anyone !!!!

This book has been very helpful in understanding the causes behind certain emotions and healthy ways to process them.

Karla has such a gentle way at approaching the topic of Emotions. Her understanding of their value and messages is clear and when applied, so obvious. I have a new respect and appreciation of all my emotions and the strength and protection they are intended to provide.

As an active listener of the band TOOL, I have to say that this book has been one of the better finds along my journey thus far. The doors this book opens up in terms of self-discovery are endless. I find myself wanting to experience and look at the "bad" emotions now, when normally we are taught to shy away from them and distract ourselves with other meaningless activities. I actually am only halfway through the book at this point, so I will have to update this review after completion, but the groundwork in the first half only makes me feel like great things are in store for the second half. I have dabbled in all subjects from Buddhism to metaphysics, and I finally truly understand the purpose of the quaternity that I have seen referenced in other books, but glossed over or made to be complicated (at least for this amateur human being). I can't wait to finish, and then reread this book!

This book was not at all what I was expecting, but it was very helpful nonetheless. I was expecting a book about how we use language to convey (or interpret in others) emotion, but this book was more about interpreting our own emotional landscape and working with our emotions to be more integrated and effective people. It was good.

I just happened to see the title and thought I would read it later. It sat on the kindle shelf until I could process and appreciate this knowledge. I've always heard, you need to feel your feelings but I never

grasped how to do that in a safe place. Invaluable information for me.

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