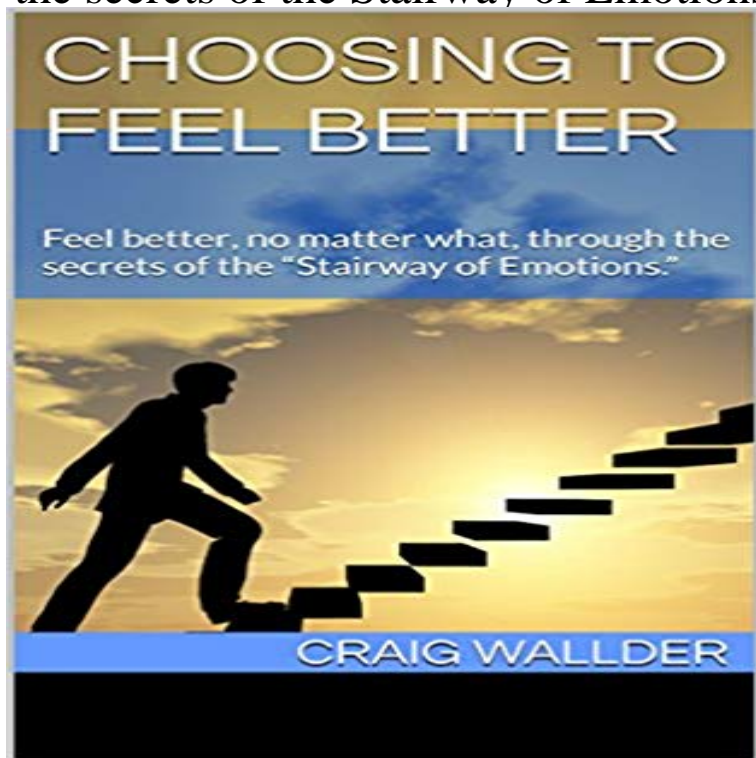


## CHOOSING TO FEEL BETTER: Feel better, no matter what, through the secrets of the Stairway of Emotions.



You are someone who knows instinctively that you should not have to mindlessly endure the emotional roller coaster that most of us take for granted in our lives - the one that sweeps in with every change of circumstance and moves us, more or less unconsciously, from one emotional state to another. Well, there are no accidents and you've come to the right place. In this book, you will learn how to use the secret structure of our emotions to provide clear, purposeful and always available steps up and out of any emotional state you do not want to experience. And, while there is a definite emphasis on understanding the various emotions in relation to each other, this is not a book about thinking your way to feeling better. It is a book about consciously choosing your emotions by recognizing that you always have the capacity to move higher by simply being aware of where you are at and knowing what the next steps are. We all function within an emotional scale that has been presented in the form of a stairway for this book. Yet, most of us have only a vague concept that such a thing exists, and hardly any of us understand how to use it effectively. When you read this book, you will be amazed that you have not been shown anything of this sort in the various self-help volumes that you may have previously come across. This is liberating information that you will use to shift your perception, at will, higher and higher up the emotional stairway. And you are guaranteed to enjoy the view more with each step up that you take.

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