

On Managing Emotions



As we go through life, it's not work, family, friends, or health that will be our greatest challenge –it will be the management of our emotions that will be our greatest test. Life will *always* throw us curve balls –that's a given. But, how we respond to those hits is key.

How we handle events so we can stay resilient in our hearts and minds, is an art and science that is highly sought after. We want to be able to look forward to each day so a smile can find its way across our faces, eyes, and ears, everyday. Yes, our eyes and ears too!; for happiness is a sensation we experience with our whole being, through *all* of our senses, right down to our bones!



Learning how to manage emotions was one of the main reasons I wrote this book. I was such a mess when I was a young woman. I had some pretty heavy stuff to sift through that would have made anyone feel sad and overwhelmed. And there were things that maybe weren't so heavy, but that mattered very much to me all the same. When things aren't going our way, how do we manage all of the thoughts and feelings that come to rob us of our peace of mind?

I was fortunate enough to have the kind of spirit that was determined to know joy, laughter, and light. I was blessed also to have an analytical mind that could formulate the right questions to ask of people whom I respected. Questions, that when answered, would help broaden my understanding. Without that understanding I wouldn't have been able to reign in my feelings when they were out of control. So, when I wrote ***Tough Enough: How to Meet Life's Challenges Through True Self-Love***, I was keenly aware of discussing scenarios and asking the reader the types of questions that would help them gain some clarity and self-

control so they could go on to greater challenges and adventures. I knew from personal experience that a person would not be able to focus on achievement or even be interested in trying to achieve anything until they were able to manage their emotions in a way that allowed them to feel joy and hope; confidence and love; and self-worth.

So read on dear friends, and let not your hearts be troubled.