



# Emotional Maturity: In Everyday Life

*Kosjenka Muk*

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## **Emotional Maturity: In Everyday Life** Kosjenka Muk

Compared to instant, "Change-Your-Life-In-7-Days" fast food, this book is a seven course meal: rich, flavorful and thought-provoking (don't consume it all at once!). It doesn't give you neat tricks that fall apart when faced with reality. It teaches you skills to recognize and deal with complex emotions in everyday situations. It helps you recognize and change chronic emotional patterns and self-sabotage. Some readers have described it as an "operating manual that should come with life" which they keep referring to, especially in times of stress and confusion. A much needed book!

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### **From reader reviews:**

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#### **Isidro Wells:**

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#### **Elizabeth Daugherty:**

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