

The Courage to Feel - A Practical Guide to the Power and Freedom of Emotional Honesty by Andrew Seubert

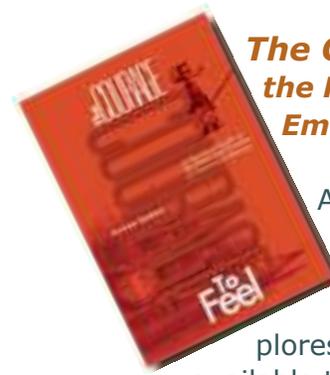
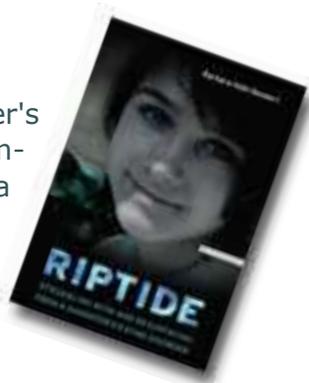
A practical guide to the power and freedom of emotional honesty, delivers a pragmatic, creative and inspiring four-step path to emotional mastery and freedom that explores the hidden wealth of guidance and wisdom available through our emotions. Each chapter includes anecdotes, applications and exercises to anchor the teachings. The charming allegory of Simon the Turtle, who must leave his shell to follow his heart, is woven throughout the book. **The Courage to Feel**, based on the author's 30 years' experience, launches the reader on a journey that leads to personal freedom, happier marriages, improved work relationships, and deeper spirituality.

"Emotions are complex things: they can make life hell or make it sweet. So, here's a question: Do you have emotions or do emotions have you? Andrew Seubert's The Courage to Feel can help you to have emotions and make your life rich and workable. It's short, easy to understand and very powerful."
- Bill O'Hanlon, author of Change 101

"RipTide" By Barbara Hale-Seubert

Struggling with and resurfacing from a daughter's eating disorder tells one mother's story of seeming helplessness and desperation, but it's also a story of hope, fierce love, and survival. It will offer a lifeline to other parents who have dealt with obsessive behavior in a child, and who may be dealing with the grief and guilt of losing their child to his or her demons.

"Barbara Hale-Seubert's raw honesty opens the door for others to walk through. She gives us a space to feel—free of judgment—and a place to honour our pain. In doing so she gives us hope. By sharing her and Erin's journey, she joins us in ours."
-Mary Ellen Clausen, Executive Director, Ophelia's Place



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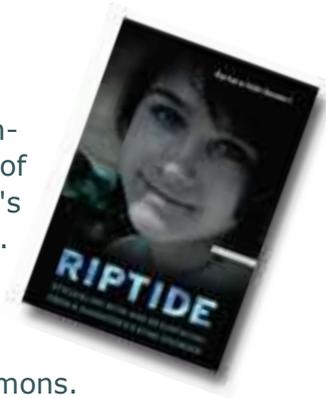
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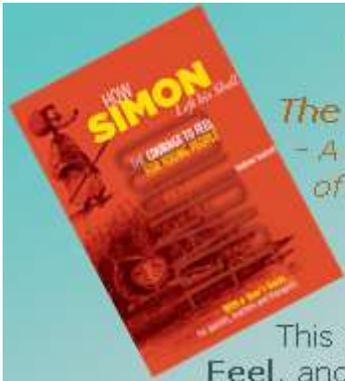
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How **Simon** Left his Shell

The Courage to Feel for Young People
– A Practical Guide to the Power and Freedom
of Emotional Honesty

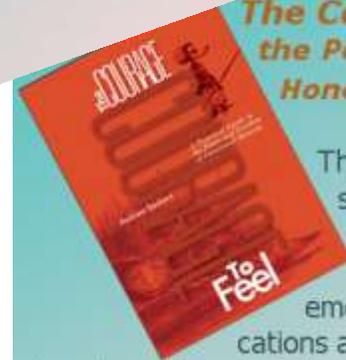
by Andrew Seubert

This book is the sequel to **The Courage to Feel**, and includes a User's Guide for parents, teachers and therapists. By adapting this message for younger people Andrew is enabling growth into emotional honesty for many, at a younger age. This is a book that will launch the reader on a journey that leads to personal freedom, happier families, improved relationships, and deeper spirituality.

**"Riptide" Struggling with and
resurfacing from a daughter's
eating disorder**

By Barbara Hale-Seubert

This book tells one mother's story of seeming helplessness and desperation, but it's also a story of hope, fierce love, and survival. It will offer a lifeline to others who have dealt with addiction and/or mental illness in a family member.



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the Power and Freedom of Emotional
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