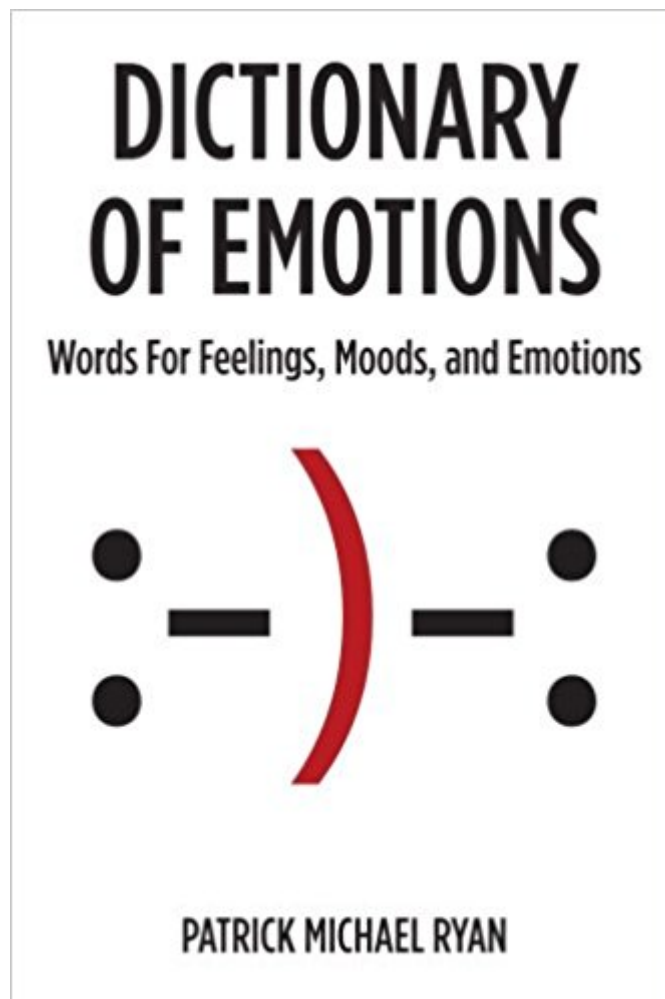




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Dictionary Of Emotions: Words For Feelings, Moods, And Emotions



Synopsis

Are you feeling elated, or are you more enraptured? Are you a bit glum, or is it more like melancholy? The words we use to express emotions are as plentiful and nuanced as the feelings those words describe. Dictionary of Emotions: Words for Feelings, Moods, and Emotions is a comprehensive reference book of such terms. The book's accompanying definitions are based on the context of feeling and are intended to be a starting point to help shape an individual's interpretation of both the word and their experience. Psychologists, therapists, actors, authors, and those who are associated with these fields will find Dictionary of Emotions an invaluable communication tool. The book will help anyone seeking to enhance their emotional intelligence with a vocabulary of emotional awareness and expression.

Book Information

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Customer Reviews

Patrick Michael Ryan is the founder and CEO of PAMAXAMA. He has served in leadership roles for companies representing a range of industries, including real estate, retreading, fitness, and web development. His experience includes several years of working as a professional actor and in various production roles for theatre, television, film, and radio. Patrick studied acting at the California Institute of the Arts. He lives in Portland, Oregon with his wife and 2 children.

As a writer, poet, and life coach I'm always looking for the precise way to describe an emotion, more specifically I'm looking to describe how I feel and also help my clients pinpoint their feelings and moods. This book is a godsend in helping understand all the nuances of the human condition and to

give color, details and humor to the vast array of our emotional landscape. Pros: It's simple and to the point. I love this the most, as it gives us a POW right to the heart of the emotion. There is no beating around the bush. I love the clean layout (in paperback) It covers thousands of words from A-Z. There were hundreds of words I did not think about in terms of emotions, and words I'd never even heard of that expressed precisely how I've felt in the past. Cons: The only con is that there is not yet a categorical listing of the emotions, as it's written in the A-Z format. This is still okay as I read through it and simply tagged some of my favorite words. All in all I'm excited and love it. I'm glad someone is putting this down in one place, as we are finally realizing the importance of how our emotions have a big impact on how we live our lives.

This book is a comprehensive yet highly accessible resource for identifying the nuances of specific emotions. As a somatic movement teacher-trainer and also a writer in the fields of health and wellness, I always dreamed of having a resource like this, yet never did I realize how practical a resource I was looking for: all I needed a simple dictionary of emotions. What I appreciate about this book is its accessibility and ease of use. I love the succinct definitions of each emotion, notably how each definition is really whittled down to the emotional "core" of the word. Quite honestly there is nothing I have yet to dislike about it— it's simple, and in being so is that much more effective. A fantastic resource for psychotherapists, teachers, personal growth enthusiasts, and anyone who wants to understand more deeply their own emotional landscape.

Awesome!!! A book that will open and extend your world of vocabulary to communicate your emotions. Mahalo nui.

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