



## Emotions!: Making Sense of Your Feelings

By Mary C. Lamia

American Psychological Association. Paperback. Book Condition: new. BRAND NEW, Emotions!: Making Sense of Your Feelings, Mary C. Lamia, Emotions affect motivation, self-awareness, social relationships, decision-making, self-control, and your ability to achieve goals. Yet many young adults have little understanding about how emotions actually manifest in daily life. In this book, clinical psychologist Mary Lamia breaks down individual emotions such as shame, anger, hope, and happiness and shows teens where each emotion originates, how it makes you feel physically and mentally, and what you can do about it if it feels too big or out of control. This is an invaluable book for any teen struggling with strong emotions or anyone who wants to understand more about themselves and their emotion - fuelled life.



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