

THE  
Emotional  
Energy  
Factor

THE SECRETS HIGH-ENERGY  
PEOPLE USE TO  
BEAT EMOTIONAL FATIGUE

"REVELATORY...KIRSHENBAUM'S APPROACH IS REFRESHINGLY  
DOWN-TO-EARTH." —O: *The Oprah Magazine*

MIRA KIRSHENBAUM

*Author of Too Good to Leave, Too Bad to Stay*

# Emotional Energy Factor The Secrets High Energy People Use To Beat Emotional Fatigue

**Charles Foster**



## **Emotional Energy Factor The Secrets High Energy People Use To Beat Emotional Fatigue:**

The Emotional Energy Factor Mira Kirshenbaum, 2003-12-30 Do you wish you had more energy Do you often feel drained even after a good night's sleep Are there days when you can't get going when you just feel blah If so you're not alone You're suffering from emotional fatigue an all too common outgrowth of our frenetic modern day lives But you can regain your emotional energy forever with this groundbreaking book from psychotherapist and bestselling author Mira Kirshenbaum that includes many helpful hints and informative real life stories This book shows you how to tap into the sources of emotional energy that already lie within you In these remarkable pages you'll discover 25 practical no nonsense secrets to living the vital happy hope filled life you deserve by building the kind of energy no pills push ups or power bars can provide the kind of energy that comes to the rescue when your body has reached its limits It's called emotional energy Successful high energy people have learned to harness it and now you can too with their secrets in this powerful life enhancing book Drawing on nearly three decades of professional experience as a psychotherapist and researcher Mira Kirshenbaum has developed a bold new program to help you raise your inner energy quotient and keep it high for life The results are astounding an aliveness of mind happiness of heart and a spirit filled with hope the fuel that makes all things possible Now you can reclaim the energy within the energy that drives and sustains you as you discover How to diagnose your own emotional fatigue The power of active prayer Two simple things you can do to turn a pressure situation into one that gives you emotional energy Positive Negatives how to say no to the things you don't want to do How to live your life your way a giant step to emotional well being The Appointment Book Cure to free up time and get things done How to stop buying into someone else's expectations of you The Emotional Energy Diet how to lose those extra pounds and keep them off PLUS many more tips tools and techniques for you to get more emotional energy today The single biggest difference between people who get what they want and people who don't is energy states author Mira Kirshenbaum With energy everything is possible This book shows you how to harness it in order to accomplish more struggle less feel more energetic and find the zest and courage you need to live the life of your dreams

The Emotional Energy Factor Mira Kirshenbaum, 2008-12-30 Do you wish you had more energy Do you often feel drained even after a good night's sleep Are there days when you can't get going when you just feel blah If so you're not alone You're suffering from emotional fatigue an all too common outgrowth of our frenetic modern day lives But you can regain your emotional energy forever with this groundbreaking book from psychotherapist and bestselling author Mira Kirshenbaum that includes many helpful hints and informative real life stories This book shows you how to tap into the sources of emotional energy that already lie within you In these remarkable pages you'll discover 25 practical no nonsense secrets to living the vital happy hope filled life you deserve by building the kind of energy no pills push ups or power bars can provide the kind of energy that comes to the rescue when your body has reached its limits It's called emotional energy Successful high energy people have learned to harness it and now you can too with their secrets in this powerful life enhancing book

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Michelle Cederberg,2025-09-12 Your inspirational guidebook to get back to energy health and a recharged life Whether you re a busy executive or mom or whether you re tired retired or uninspired you will benefit from the information in this change provoking book It provides bite sized advice to help you prioritize essential energy creating self care practices you didn t think you had time for Learn the importance of a healthy lifestyle stress management and leisure time and how to find success through small steps **A Sensitive Soul**

Deborah Dowling,2018-05-18 Do you constantly find yourself at the mercy of your emotions Do your energy levels fluctuate depending on your environment and what you are experiencing at the time Are you easily overwhelmed by crowds loud noises or by too much of anything Do you tend to take on the emotions and problems of others as if they were your own If so its likely you have a highly sensitive temperament In A Sensitive Soul author Deborah Dowling provides solutions to these challenges such as how to protect yourself from negative influences recognizing what drains your energy strategies for managing negative thoughts and emotions understanding your limits to avoid becoming overwhelmed the importance of self care and insight into a range of beneficial therapies Armed with this knowledge you will develop a better understanding of yourself and improve your general well being on all levels This will help you to navigate your environment from a place of love and protection rather than fear As a result you are free to express your compassionate nature safely and make a positive difference in the lives of others which the highly sensitive soul is often compelled to do **Discover the Joy of Good Health**

John Inzerillo, M.D.,2012-09-25 Focused on rekindling the joy that lies within all of us Dr John Inzerillo presents techniques designed to help the reader reconnect with their inner child while examining and altering long held beliefs to better negotiate many of life s pitfalls **The 5 Essentials** Bob Deutsch, Ph.D.,Lou Aronica,2013-09-03 Raise the bar to become the best version of you Most of us set the bar too low in our lives both personally and professionally Bob Deutsch a cognitive neuroscientist anthropologist turned entrepreneur has spent a lifetime studying people and found that we choose not to pursue our greatest ambitions because we feel we are incapable of reaching them But he has also found that we are each born with the fundamental abilities to live the full creative dynamic lives we

dream about Curiosity Openness Sensuality Paradox and Self Story these are our five inner resources Through interviews with inspiring people including Wynton Marsalis and Richard Feynman and case studies of personalities like Bruce Springsteen and Anna Quindlen Deutsch shows us how to access and use these resources to open our lives to unimagined possibilities Connecting with Your Asperger Partner Louise Weston,2010 Drawing on her experience of being married to a man with AS Weston shows that the road to intimacy begins with letting go of expectations and looking after your own emotional needs She provides strategies for connecting with your AS partner tips for coping with hurtful words and meltdowns and finding further sources of help and support *Is He Mr. Right?* Mira Kirshenbaum,2006-05-23 Wish you had a crystal ball that could tell you if your guy was Mr Right Tired of wasting time with one Mr Wrong after another You re not alone Too many of us make bad decisions about the men in our lives and end up committing to relationships that don t bring us the happiness we deserve Now you can have that crystal ball you were wishing for With this groundbreaking book internationally recognized relationship expert and bestselling author Mira Kirshenbaum turns her attention to the most common relationship question women have Is he the one I should commit to This is the only guide you ll ever need to answer that question once and for all Offering savvy straightforward advice gleaned from helping thousands of women find lasting love Kirshenbaum offers the only step by step strategy for determining whether or not you should commit Is He Mr Right will help you Decide if your guy is a keeper or not Identify the Five Dimensions of Chemistry and how to tell if you and your man have it Understand the secret of women who find love dump the duds fast Focus on what you need to make you happy and get it You will discover what you really want from a relationship learn how to trust yourself again and stop wasting time with guys who aren t right for you A must have for any woman Is He Mr Right provides the tools you need to find real happiness in love Everything Happens for a Reason Mira Kirshenbaum,2005-04-26 In each of our lives we are faced with events that seem inexplicable unjust even cruel events that can shatter our perception of the world our understanding of ourselves and our faith in a higher power Friends and family members often offer comfort with Everything happens for a reason a simple common phrase with an unbearably elusive meaning In Everything Happens for a Reason psychotherapist Mira Kirshenbaum helps us understand the principles behind this frequently used phrase and provides us with tools to grasp its true meaning According to Kirshenbaum there is significance to each of the events in our lives We all can discover meaning in what has happened to us seeing such occurrences as gifts lessons or opportunities that we might not have been able to get any other way Building on more than twenty five years of clinical research Kirshenbaum has developed tests to help readers decode the confusing or unfortunate events in their lives and find solace and strength in the positive outcomes that exist Kirshenbaum offers ten universal reasons for the tragedies in our lives among them letting go of fear radically accepting ourselves becoming a truly good person finding forgiveness and discovering our mission While coming to terms with unexpected loss and disappointment is never easy Everything Happens for a Reason empowers readers to embrace the positive and

comprehend the specific message that is larger and more powerful than their grief      *Woman's Comfort Book* Jennifer Louden,2005-02-01 With over 200 prescriptions for giving yourself a break this book helps the reader to sort out guilty feelings about self nurture and to define her comfort self nurture needs In this book the author delivers a host of creative and comforting programmes like the self care schedule creative selfishness creating a comfort network body delights a personal sanctuary the comfort journal bathing pleasures and comfort rituals Organised by topic and cross referenced throughout this guidebook is designed to appeal to women of all ages The new edition has been revised and updated for modern women

**Marriage and the Family** Julie Xuemei Hu,Shondrah Tarrezz Nash,2019-04-23 Marriage and the Family Mirror of a Diverse Global Society is a comprehensive text about marriage and the family in sociology family science and diversity studies The book is divided into four parts studying marriage patterns and understanding family diversity developing and maintaining intimate relationships tackling family issues and managing household crises and appreciating contemporary living arrangements in a diverse American society and across the global community Marriage and the Family is unique in its focus on diversity as well as its global perspective Diversity Overview boxes feature vignettes of family diversity in America Global Overview boxes invite students to experience family life in different areas of the world Indeed families become a mirror that helps students see a diversifying American society and a globalizing world      **Body & Soul (Watertown, Mass.)** ,2003      **Natural Health** ,2003      **Sex, Intimacy & Business** Lindsay Andreotti,Brian Hilgendorf,2006 Using an edgy metaphor to describe what is not working in business this guide offers a new model of behavior for employees and leadership at all levels that is sure to increase the creativity productivity satisfaction and fulfillment of those in the workplace

**The Ladies' Home Journal** ,2004-02      *Feel Better Faster* Charles Foster,2004-06-11 A pioneering book that explores the impact that injuries and illnesses have on the mind Severe emotional problems can stem from an ailment Dr Charles Foster outlines how a positive mental recovery can lead to a healthier and rejuvenated sense of self      *American Book Publishing Record* ,2003

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