



# You and Your Emotions

*Jr., M.D. Maxie C. Maulsby, M.A. Allie Hendricks*

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This illustrated handbook gives you everyday examples of how emotionally naive teenagers and their peers themselves (AND NOT their innocent parents), cause much of their own emotionally miserable experiences. That fact makes this book an excellent aid for helping emotionally upset teenagers quickly discover that important emotional fact for themselves. At the same time the teenagers begin to see both how emotional feelings really work AND how they can control their feelings much more to their satisfaction, regardless of what their parents do or don't do. That self-discovery by teenagers stops their unfair blaming of parents, teachers and other authority figures for the negative feelings that they, the teenagers themselves, create with their own unsuspected, but all powerful negative beliefs and attitudes. Only when teenagers see those facts for themselves, can loving, concerned parents EASILY help them become the successful PLUS emotionally and spiritually satisfied adults everyone wants them to be and they deserve to be.

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