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Start by identifying the emotion  
that 's in your head—happiness,  
sadness, love, anger, hate,  
frustration, urgency, impatience,

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or desperation—and then target where you feel the emotion in your body. For example, feelings in relation to love are lightness in the heart, an airy head, or butterflies in the stomach.

~~How to Establish a Healthy~~

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middle years of childhood--from kindergarten to junior high--and to help parents understand the enormous emotional challenges these children are facing. In witty, vivid stories, Dr. Greenspan brings to life the major emotional milestones of these years, when

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children move from the shelter of  
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Emotional life grows out of an area  
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system, specifically the amygdala,  
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emotional style through intentional effort. Scientists now recognize that emotions form an important aspect of the mind. Six basic emotions – “happiness, sadness, anger, fear, disgust” and “surprise” – each generate the same corresponding facial

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“Other schemes of personality were invented without any knowledge of the brain,” says Davidson, who compiled his 30 years of research findings into new book *The Emotional Life of*

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11/19/2013. Written By: Dr.  
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