

**ONE POWERFUL MIND: THE COMPLETE APPROACH TO
EMOTIONAL MANAGEMENT AT HOME & AT WORK**

Payge Kaye Cibrian

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But more than a way of communicating effectively, assertiveness really means a commitment to our highest values and being willing to pursue those values and goals regardless of how we may feel moment-to-moment. If we view them as tools to make us feel better, then we will tie unrealistic expectations to them and create a tense and regimental experience every time we immerse ourselves in our hobbies. Or perhaps you may worry about getting old. Label and color-code your files so that you can find what you need quickly. How can I make the best of this situation? You should avoid negative self-talk at all costs. No fancy equipment required. Do not listen only to hear what you expect the other person to say or to confirm your viewpoint.