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??????????? (Emotion Control for Women at Hand) (Chinese Edition)

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This book teaches the readers to practice the character, improve the emotion and wisdom, learn to control the bad emotion, release the hidden emotion, transfer the unhealthy emotion and improve the happy emotion. This book divides into 8 chapters, mainly including controlling the "Incantation of the Golden Hoop" of anger: having temper PK no temper; release the "drawer" emotion: shout when you feel depressed; "shift" of the bad emotion: shift the emotion from the dark; 30s super strong thought method: being the "prophet" of yourself.

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