



The Emotional Edge: Discover Your Inner Age, Ignite Your Hidden Strengths, and Reroute Misdirected Fear to Live Your Fullest

Crystal Andrus Morissette

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Ever Feel Like Your Inner Age Doesn't Match Your Outer One?

The Emotional Edge empowers you to stop reacting in knee-jerk ways that hurt and instead start expanding your life to become the greatest expression of you possible. Once you know your Emotional Age, you can take any needed steps to become an authentic adult so you stop giving your power away. You'll learn:

You'll learn:

- Whether you're a Parent, Child, or Adult 'archetype'—take the Emotional Age Quiz and find out
- When you're inadvertently sabotaging yourself and why
- How to channel fear and anger into courage and willingness
- How to change your communication scale and style from passive or aggressive to assertive, accepting, and ultimately peaceful
- Methods for fine-tuning into your unique needs mentally, emotionally, and physically
- Ways to live your best life without guilt, shame, or blame
- And lastly, how to rewrite and re-route your relationship, work, and bliss paths

Never feel like a victim of circumstance, genetics, or your past again. Instead of letting your emotions get the best of you, now it's time to get the best of them!

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From reader reviews:

Carolina Jones:

Have you spare time to get a day? What do you do when you have much more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a walk, shopping, or went to often the Mall. How about open or even read a book eligible The Emotional Edge: Discover Your Inner Age, Ignite Your Hidden Strengths, and Reroute Misdirected Fear to Live Your Fullest? Maybe it is being best activity for you. You recognize beside you can spend your time with the favorite's book, you can wiser than before. Do you agree with the opinion or you have various other opinion?

Jack Williams:

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