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February 4th 2019: Encore: Emotional Brilliance
2: Feelings Aren't Biodegradable

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We all have emotions all day long. How many of us know how and what to do with them? Emotions influence our decisions, communications, and relationships. In this show Drs. Greenberg and Nadler will follow up on the concept of Emotional Brilliance, why it is important, what is it, and hands-on strategies to be fluent and brilliant in our emotions. Why we have a hard time knowing what to with them. We will go over the RULER process for emotional learning. In this show they will delve deeper into Emotional Brilliance with some of the research of their forthcoming book: Emotional Brilliance: L

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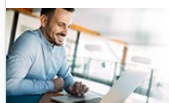


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