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January 28th 2013: Re-Thinking Feelings: Session 3

Feelings: We all have them. We all fear them getting out of control. We even think that when we make decisions we use logic not emotions. But in truth most of us really don't understand our feelings at all and, so, are not too great at using them. Now, new brain imaging techniques show that before we think about a problem, we usually have already solved it by our emotions. "Fear is a great servant but a terrible master". (The Warrior's Codex) How do your core feelings of fear and its partner, anger, work in you. Do you use them or are you controlled by them? Do you know how to transform you

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