



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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Joshua Canfield:

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Judith Mandel:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they doing activity like watching television, planning to beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your free time/ holiday? May be reading a book could be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the publication untitled The Emotional Edge: Discover Your Inner Age, Ignite Your Hidden Strengths, and Reroute Misdirected Fear to Live Your Fullest can be very good book to read. May be it might be best activity to you.

John Parish:

As a student exactly feel bored to be able to reading. If their teacher expected them to go to the library in order to make summary for some book, they are complained. Just tiny students that has reading's internal or real their passion. They just do what the trainer want, like asked to the library. They go to presently there but nothing reading very seriously. Any students feel that reading is not important, boring as well as can't see colorful pics on there. Yeah, it is to get complicated. Book is very important for you. As we know that on

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