

Finally becoming free of burdensome feelings



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Vivian Dittmar, a recognised lateral thinker on emotional intelligence, is the founder of the "Be the Change" Foundation for Cultural Change. Her books include *Feelings and Emotions: An Instruction Manual*, *The Small Book of Emotions for Parents*, and *A Relationship Can Be Learned*.

Vivian Dittmar

The Emotional Backpack

[Der emotionale Rucksack]

How to rid ourselves of unhealthy emotions

Kailash

288 pages

Format 13,5 x 21,5 cm

May 2018

The emotional backpack – this comprises the difficult, unprocessed emotions from the past that we all drag around with us: fear, anger, grief, pain, and so on. They burden us in everyday life, in relationships, and at work by causing emotional overreactions that can escalate even non-controversial situations.

Vivian Dittmar, a well-known speaker and seminar leader, introduces an innovative healing approach to the emotional backpack. She shows, through an easily applied dialogue method, how we can control and deliberately discharge these burdens, so that we can finally go through life more freely with less emotional baggage and without being thrown off track by every little problem. Thus even in states of emotional emergency, we will have more composure in dealing with ourselves and others.

- Recognising your own emotional ballast and freeing yourself step by step
- The dialogue method: getting out of the tangle of your own emotions
- Easily mastering touchy emotional situations in relationships, at work, and in everyday life