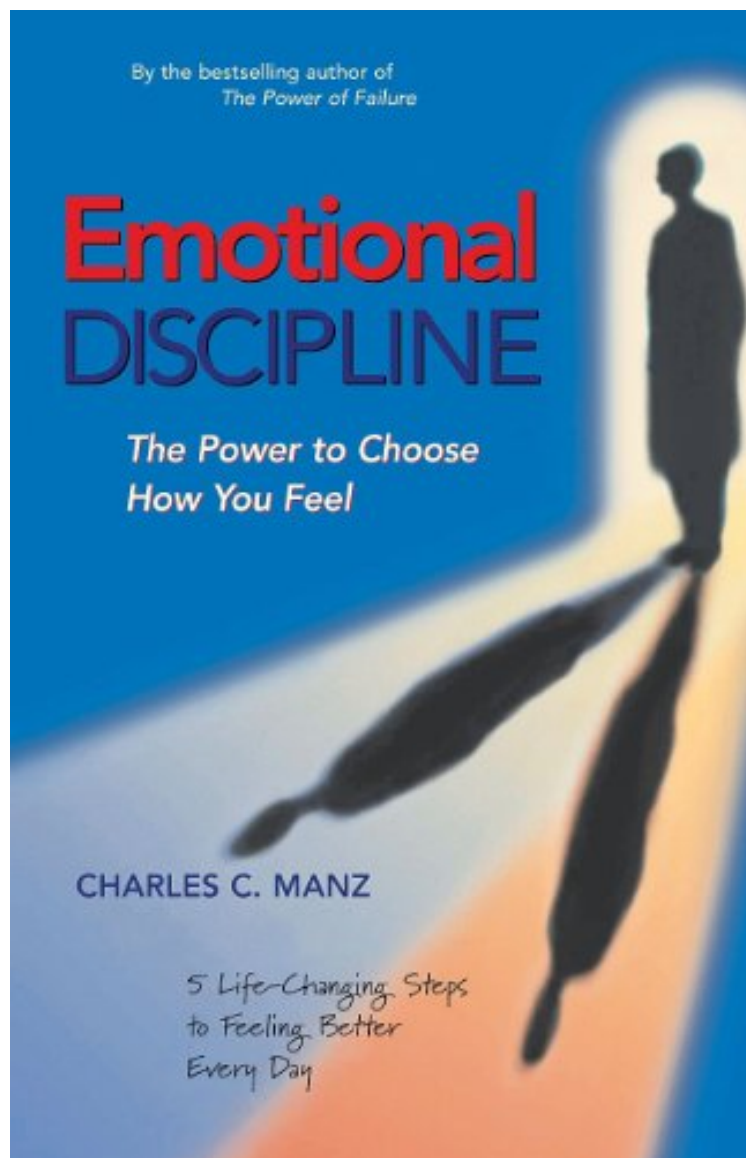


(Mobile book) Emotional Discipline: The Power to Choose How You Feel; 5 Life Changing Steps to Feeling Better Every Day

## Emotional Discipline: The Power to Choose How You Feel; 5 Life Changing Steps to Feeling Better Every Day

Charles C. Manz

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**Charles C. Manz : Emotional Discipline: The Power to Choose How You Feel; 5 Life Changing Steps to Feeling Better Every Day** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Emotional Discipline: The Power to Choose How You Feel; 5 Life Changing Steps to Feeling Better Every Day:

43 of 45 people found the following review helpful. Useful guidelines for living in a stressful world By Michael

Goldsby Having read Dr. Manz's other works and having used his Mastering Self-Leadership book (co-authored with Dr. Christopher Neck) in my university classes, I was familiar with his philosophies and approaches to handling challenges in life. However, the timing for me in reading this book could not have come at a better time. The theme of Emotional Discipline is that we can manage our emotions to bring rewards and reduce stress even in the most dire of circumstances. I had brought the book to read on my plane ride after a week long national academic conference. Before boarding the plane, however, I had just endured a grueling 1 1/2 hour wait in a security line before I could even enter my plane's gate in Seattle. While in line, I brought attention to airport workers that my departure time was drawing near, and asked if I could be sped through line to get to my plane. I was told that my airline would come out and bring their customers through when the departure time drew near. Well, Southwest and Continental airlines came out to help their customers, but my airline (heck, I'll tell you who it was--Delta) did not. Finally, after getting to the security check, I was pulled out of line for inspection. It was 12:50 p.m. when this happened, and my flight was to leave at 12:55 p.m. Finally, I made it to my gate, and the airline workers informed me that they almost left without me. Once aboard the plane, I asked the attendants why they had not sent anyone out to help their customers like the other airlines. Their answer was it wasn't their responsibility, and that it was my fault for almost missing the plane. I don't mind waiting on a plane due to delays, but being blamed as a customer for an organization's bureaucratic failings doesn't go over well with me. So after almost missing my plane, my adrenaline and anger soaring, and the poor service of the flight attendants, I thought I'd unwind by watching the movie on the flight, which turned out to be--you guessed it--"Anger Management" with Adam Sandler. The opening scene covers Mr. Sandler having a problem with an airline attendant, which leads to his future problems. Hitting too close to home at this point, I decided to pull out Dr. Manz's book and read it, hoping to relax a little from the building tension of the trip. And I'm glad I did, because the book provides a framework and guidelines for handling dilemmas as I had just endured. The book opens with explanations and research discussing the impact emotions have on a person's body, mind, and spirit, and, just as importantly, the interaction of all these factors. While this is needed in order to substantiate and support what was to come later in the book, the part I found most enjoyable was the 25 strategies a person can use in having a more satisfying life. The strategies are broken into mind, body, and spirit, and Dr. Manz offers enough strategies that the reader can pick and choose which serve that person's individual needs, purposes, and personality. The strategies I found particularly interesting were on "Directing Your Inner Theatre" (how to view a situation from a more objective perspective) and "Other Mind-Centered Emotional Discipline Choices" (a list of specific practices and exercises for gaining emotional balance that can be adapted to your own personal needs). There were also interesting examples for consideration to be worked into your life, such as baroque music and tai chi. Where the strategies are particularly useful are in the sources and examples cited throughout the book, so that the reader has guidance in where to go should they want to read further on that subject. Another bonus of the book is the inspiring and educational quotes throughout the book. The book is worth its price alone for these informative statements from such renowned thinkers as Blaise Pascal, Thomas Merton, and George Bernard Shaw. I can see myself pulling this book off my shelf when faced with stressful situations in the future. I was able to read the book on my aforementioned 4 hour flight, and by the time I arrived in Dallas I was feeling much more relaxed and calm after absorbing the perspectives in the book. It is a very satisfying book with useful strategies that I will encourage my friends and colleagues to read. 17 of 18 people found the following review helpful. Excellent book By CKI highly recommend "Emotional Discipline" by Dr. Charles Manz if you are looking for a way to improve the quality of your life. Emotional Discipline offers a step-by-step process and a toolbox of strategies to help you choose how you feel-one of the most important ways through which we experience life. Through a variety of mediums and examples, Dr. Manz illustrates innovative and time-tested strategies that address the mind, body, and spirit. Dr. Manz doesn't sugar coat things; he acknowledges that applying emotional discipline isn't always an easy process. Making better emotional discipline choices requires work and persistence-however the rewards of a better life and better relationships are well worth the effort. I highly recommend Emotional Discipline. 4 of 5 people found the following review helpful. My first 5 stars By Darren Grundy Excellent. My first 5 star review on . This is a solid, well researched book containing lots of strategies on how to manage ones emotions. This is thankfully absent of too much fluff and has plenty of meat. I have employed these methods since I read it and it has quite honestly been the best EQ book I have come across. I finally feel like I am in the drivers seat of my emotions, rather than they be driving me. If you want workable strategies on mastering emotions - look no further. Well done Manz.

Emotions sometimes get the better of everyone, but it doesn't have to be that way. We can learn how to analyze and control our emotional reactions in any situation. Emotional Discipline outlines an easy-to-learn process and 25 specific tactics that you can use to gain the power to choose how you feel. You'll learn to cope with a stressful and sometimes threatening world and deal with arguably the most challenging part of the human condition: the constant fluctuations in how you feel that color your experience of life and limit your personal effectiveness. Emotional Discipline offers strategies that will help you respond to your feelings in the present and to prepare for emotional challenges in the future. Charles Manz outlines the basics of the 5-stage emotional discipline process and describes a variety of mental, physical and spiritual practices that supplement and strengthen that process.

About the Author Charles C. Manz is a speaker, consultant, and bestselling business author. He is currently the Charles and Janet Nirenberg Professor of Business Leadership in the Isenberg School of Management at the University of Massachusetts. Manz has served as a consultant for many organizations, including 3M, Ford, Motorola, Xerox, the Mayo Clinic, Procter Gamble, General Motors, American Express, Allied Signal, Unisys, Josten's Learning, Banc One, the American Hospital Association, the American College of Physician Executives, the U.S. and Canadian governments, and many others.