

Feeling Some Type Of Way Book - Unlocking Your Emotions



Are you tired of feeling overwhelmed and not knowing how to manage your emotions? Look no further! Introducing the groundbreaking book, "Feeling Some Type Of Way," that ensures you unlock the true potential of your emotions and live a happier, more fulfilling life.

The Essence of Emotions

Emotions are an integral part of being human. They shape our thoughts, actions, and overall well-being. However, many people struggle with understanding and expressing their emotions in a healthy and productive way.



Feeling Some Type Of Way: (Book 1-2)

by K.C. Mills(Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 2268 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 340 pages

Lending : Enabled



"Feeling Some Type Of Way" is here to change that. Written by renowned psychologist Dr. Emily Rogers, this book delves deep into the complexities of human emotions, providing valuable insights and practical strategies to help you navigate through your emotional journey.

Discovering the Power Within

Have you ever felt like your emotions are controlling your life? Dr. Rogers believes that emotions should be acknowledged and understood but not let to dominate our decision-making process.

In "Feeling Some Type Of Way," you will learn how to harness the power within you to make conscious choices, regardless of the emotions that arise. By gaining

a deeper understanding of your emotional landscape, you will gain control over your responses and transform your life for the better.

Unleashing Your Full Potential

Every emotion serves a purpose. Even the so-called "negative" emotions such as anger and sadness can be powerful catalysts for personal growth and self-discovery.

This book will guide you through various techniques and exercises designed to help you embrace and utilize your emotions effectively. From journaling prompts to mindfulness practices, you will learn how to channel your emotions in a way that aligns with your true desires and aspirations.

Dr. Rogers firmly believes that once you tap into the transformational power of your emotions, there is no limit to what you can achieve.

Real-Life Stories and Practical Examples

"Feeling Some Type Of Way" is not just a theoretical exploration of emotions; it is a practical guide backed by real-life stories and relatable examples.

Dr. Rogers shares powerful anecdotes from her years of experience working with clients, highlighting the challenges they faced and the strategies they used to overcome them. These captivating stories will resonate with readers and provide valuable insights into the complexities of emotions.



What Readers Are Saying

"This book is a game-changer! It's like having a personal therapist guiding you through the rollercoaster of emotions." - Sarah

"Since reading 'Feeling Some Type Of Way,' I've gained a newfound appreciation for my emotions and how they can enhance my life. Highly recommended!" - Mark

"Dr. Rogers' approach is refreshing and practical. I finally feel equipped to handle whatever emotions come my way." - Emily

Unlock Your Emotions Today!

Don't let your emotions control you any longer. It's time to take charge and unlock the transformative power within you.

Order your copy of "Feeling Some Type Of Way" now and embark on an incredible journey of self-discovery and emotional empowerment!



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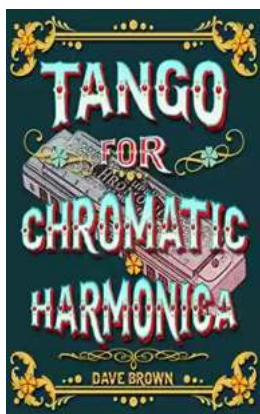
Lourdes is strong, independent, and knows what she wants. She lives her life by her own rules and that includes her relationships. As far as she is concerned, men are only good for one thing, sex on demand. That attitude leads to a series of one night stands which she uses to mask and escape feelings. She's been there, done that, and it didn't end well. That was until she crosses paths with King Lion. He forces his way into her life and changes everything.

Dometrius, known as King Lion to boxing fans, is all about his career. He's worked hard to make it and is enjoying every second of his successful life, which means living with little or no regret. Although he has plenty of women at his disposal, he's thrown off and pulled in immediately the second he lays eyes on

Lourdes. After one night in Vegas with her, she leaves him with a wrong number and a lot of questions.

As fate would have it, Dom and Lourdes both live in Miami, and his fame as a high-profile boxer affords him the resources to track her down. After a little resistance, Dom finally gets Lourdes to agree to an official date, but life seems to weave its way into their worlds, reintroducing the past that they both have to be held accountable for.

Life isn't kind when your heart wants more than life is willing to give. Lourdes is tired of running and willing to open up to love, and Dom is determined to make her his. But they both have pasts that seem to challenge their relationship. Will Dom and Lourdes have a fighting chance, or will they be left Feeling Some Type Of Way



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