



# **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!

*From the Hardcover edition.*

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