The book was published by Viva Editions, it is one of the best subjects in the book genre that gave you everything love about reading. You can find Constructive Wallowing: How To Beat Bad Feelings By Letting Yourself Have Them book with ISBN 193674080X.

Constructive wallowing seems like an oxymoron. Constructive is a good thing, but wallowing is bad. Right? But wait a minute; is it really so terrible to give ourselves a time-out to feel our feelings? Or is it possible that wallowing is an act of loving kindness, right when we need it most? Almost everyone loves the idea of self-compassion— the notion that maybe in spite of our messy emotions and questionable behavior, we really aren’t all that bad. In recent years, there has been an explosion of books that encourage readers to stop beating themselves up for being human, which is terrific. Unfortunately, readers who aren’t interested in Buddhism or meditation have been left out in the cold. Constructive Wallowing is the first book to cut right to the chase, bypassing descriptions of Eastern philosophy and meditation techniques to teach readers how to accept and feel their feelings with self-compassion for greater emotional health. It’s tempting to turn away from menacing, uncomfortable feelings like anger, grief, or regret; however, ignoring them just seems to make them stick around. By learning to accept and embrace, difficult feelings, readers keep their sense of personal power and gain greater understanding and ultimately esteem for themselves.

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