

Feelings Wheel

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cảm xúc là gì cảm xúc từ đâu xuất hiện chúng hoạt động như thế nào trong não và cơ thể có tốt hơn nếu chỉ trải nghiệm những cảm xúc tốt đẹp và rũ bỏ tất cả cảm xúc khó chịu và chúng ta có kỳ quặc không khi bộc lộ cảm xúc của mình Đó là những câu hỏi mà bác sĩ emma sẽ giải đáp cho chúng ta trong cuốn sách khai mở cảm xúc a toolkit for your emotions trong khai mở cảm xúc hình ảnh đại diện mà tác giả sử dụng để mô tả cảm xúc của chúng ta là tàu lượn siêu tốc một chuyến tàu lượn có lúc lên cao có lúc xuống thấp và lượn vòng vòng trên suốt hành trình chuyến tàu của mỗi người sẽ mỗi khác vì mỗi người có một bối cảnh quá khứ cơ thể và bộ não khác biệt Điều đó ảnh hưởng đến cách chúng ta hiểu trải nghiệm và phản ứng với cảm xúc của mình vậy bạn phải làm gì để điều chỉnh khi tàu lượn của mình rơi vào vùng cảm xúc khó khăn hay vướng vào một vòng lặp không lối thoát và làm thế nào để tạo ra những cảm xúc dễ chịu với lối viết gần gũi giản dị và những hình ảnh tự minh họa vô cùng đáng yêu bác sĩ emma sẽ giúp chúng ta khám phá từng đặc điểm và vai trò của cảm xúc tìm hiểu cách chúng hoạt động để biết cách điều chỉnh lắng nghe phản ứng của cơ thể chuyển hướng suy nghĩ ngăn chặn khi cảm xúc đi chệch đường ray từ đó ta có thể lùi lại và quan sát để dẫn dắt cảm xúc thay vì để chúng đẩy mình đi bên cạnh đó ở mỗi chương đều có các bài tập được thiết kế để giúp bạn xác định và điều chỉnh những niềm tin về cảm xúc biết cách lèo lái chiếc tàu lượn của mình đi theo hướng hữu ích hơn bên cạnh đó nếu bạn đang kiếm tìm một góc nhìn thực tế và nhẹ nhàng hơn về hạnh phúc một cảm xúc vừa quen thuộc vừa khó nắm bắt hãy tìm đọc cuốn sách khai mở hạnh phúc của bác sĩ emma hepburn cuốn sách sẽ giúp bạn hiểu rằng hạnh phúc không phải là một đích đến hoàn hảo mà là một quá trình được vun đắp từ những điều nhỏ nhặt hằng ngày từ đó bạn sẽ học cách nhận diện điều gì thực sự khiến mình cảm thấy đủ đầy và dần xây dựng một đời sống tinh thần cân bằng và bền vững hơn

the first book to unmask the hidden face of depression if you look fine on the outside but don t feel fine on the inside learn five tools to break the cycle of high functioning depression and experience more joy in your life are you going through a period in your life when things feel off do you struggle to find joy in happy moments are you walking around feeling numb do you feel restless when you aren t busy or empty when you are sitting still we all know what can t get out of bed depression looks like but there s another lesser known side of depression that is hidden those of us with high functioning depression hfd usually don t act the way we think a depressed person might on the surface we seem fine we are succeeding at work pulling our weight at home and carrying on with our typical social life yet behind that mask of productivity we are barely surviving and certainly not thriving and we may have no idea why or what to do about it in high functioning dr judith joseph draws on original research client cases and her own personal struggles with

hfd to demystify this poorly understood condition her five simple tools the five v s will help you understand the science of your happiness and empower you to reclaim your life and joy validation acknowledge and accept your emotions about past traumas and present pain venting let out the frustrations and anxious energy bottled up inside values identify the purpose and priorities that matter most vitals slow down to listen to your brain and body and monitor the six vital signs of emotional functioning vision plan for and celebrate successes milestones and everyday joy by following the five v s we can put an end to self sacrificing and self sabotaging calm our inner turmoil and go from merely functioning to truly living

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when was the last time you participated in an election for an online group chat or sat on a jury for a dispute about a controversial post platforms nudge users to tolerate nearly all powerful admins moderators and benevolent dictators for life in governable spaces nathan schneider argues that the internet has been plagued by a phenomenon he calls implicit feudalism a bias both cultural and technical for building communities as fiefdoms the consequences have spread far beyond online spaces themselves feudal defaults train us to give up on our communities democratic potential inclining us to be more tolerant of autocratic tech ceos and authoritarian politicians but online spaces could be sites of a creative radical and democratic renaissance schneider shows how the internet can learn from governance legacies of the past to become a more democratic medium responsive and inventive unlike anything that has come before a prescient analysis of how we create democratic spaces for engagement in the age of polarization governable spaces is new impeccably researched and imaginative zizi papacharissi professor of communication and political science university of illinois at chicago this visionary book points a way to scrapping capitalist realism for community control over our digital spaces nathan schneider generously brings together disparate wisdom from abolitionists black feminists and cooperative software engineers to spark our own imaginations and experiments lilly irani author of chasing innovation making entrepreneurial citizens in modern india from feminist theory to blockchain governance this dizzying array of topics pulls readers out of their comfort zone and forces a novel look at very old questions ethan zuckerman associate professor of public policy communication and information and computer sciences university of

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