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cảm xúc là gì cảm xúc từ đâu xuất hiện chúng hoạt động như thế nào trong não và cảm thức có tất cả những điều gì xảy ra khi chúng ta trải nghiệm những cảm xúc tốt đẹp và rồi bất chợt cảm xúc khó chịu và chúng ta có lúc lúc không khi nào cảm xúc của mình đó là những câu hỏi mà bác sĩ emma sẽ giúp trả lời cho chúng ta trong cuốn sách khai mở cảm xúc a toolkit for your emotions trong khai mở cảm xúc hình ảnh đẹp đi kèm mà tác giả sẽ dùng 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 khác vì mỗi người có một bản tính quá khứ cảm thức 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 nên 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 thoát ra những cảm xúc đó chịu với lối viết gần gũi gần gũi và những hình ảnh minh họa vô cùng đáng yêu bác sĩ emma sẽ giúp chúng ta khám phá từng góc độ và vai trò của cảm xúc tìm hiểu cách chúng hoạt động để biết cách điều chỉnh lòng nghe phản ứng của cảm thức chuyển hướng suy nghĩ nên chọn khi cảm xúc bị chèn ép để không ray rứt đó ta có thể lùi lại và quan sát để dần dần cảm xúc thay vì vậy chúng ta hãy mình đi bên cạnh đó để mỗi chuyển động có các bài tập để thực thi để giúp bạn xác định và điều chỉnh những niềm tin về cảm xúc biết cách leo lái chiếc tàu lượn của mình đi theo hướng hữu ích hơn bên cạnh đó nếu bạn đang tìm kiếm một góc nhìn thực tế và nhìn nhận hơn về hình thức cảm xúc và quên thu hẹp và khó nắm bắt hãy tìm kiếm cuốn sách khai mở hình thức của bác sĩ emma hepburn cuốn sách sẽ giúp bạn hiểu rằng hình thức không phải là một đích đến hoàn hảo mà là một quá trình để dần dần tiếp cận những điều như một ngày hôm nay để bạn sẽ học cách nhìn nhận điều gì thực sự khiến mình

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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

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