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cảm xúc là gì cảm xúc tinh thần chúng hoặt lòng nhau thay nào trong não và cảm thay có tinh thần nhu cầu chung trung nghỉ ngơi cảm xúc tinh thần và rõ ràng tinh cảm xúc khó chịu và chúng ta có khả quan cảm không khi bao gồm cảm xúc của mình Đó là những câu hỏi mà bác sĩ emma sử dụng áp dụng cho chúng ta trong cuốn sách khai mở cảm xúc a toolkit for your emotions trong khai mở cảm xúc hình ảnh này diễn mà tác giả sử dụng để mô tả cảm xúc của chúng ta là tàu vũ trụ siêu tốc mở rộng chuyền tàu vũ trụ có lúc lên cao có lúc xuống thấp và vũ trụ vòng vòng trên suốt hành trình chuyền tàu của mỗi người mỗi khác vì mỗi người có một bộ cảm xúc quá khứ của thời và bộ não khác biệt nhau Đó là những cách chúng ta hiểu truy cập và phản ứng với cảm xúc của mình và cảm xúc của mình và phái làm gì để hiểu chính khi tàu vũ trụ cảm xúc rớt vào vùng cảm xúc khó khăn hay xuống vào một vòng lặp không thoát và làm thế nào để thoát ra những cảm xúc dữ cảm giác và cảm giác và những hình ảnh trong mình họa vô cùng áng yêu bác sĩ emma sử dụng giúp chúng ta khám phá tinh thần của mình và vai trò của cảm xúc tìm hiểu cách chúng hoặt lòng của biệt cách hiểu chung nhau nghe phản ứng của cảm xúc chuyền huyền suy nghĩ ngôn ngữ khi cảm xúc và chung ray tinh thần ta có thể lùi lại và quan sát một số đặc điểm cảm xúc thay vì để chúng thấy mình là bên cạnh Đó là một cảm giác có các bài tập tinh thần kinh giúp bạn xác định và hiểu chính mình không niềm tin và cảm xúc biệt cách lèo lái chiếc tàu vũ trụ cảm xúc theo hướng họa ích họa bên cạnh Đó là nhu cầu bao gồm lang kinh tìm một góc nhìn khác và nhau nhau họa vẽ họa nhau họa phúc một cảm xúc và quen thuộc và họa khó nắm bắt hãy tìm cách cuốn sách khai mở họa nhau họa phúc cảm xúc bác sĩ emma hepburn cuốn sách sử dụng giúp bạn hiểu rõ ràng họa nhau họa phúc không phải là một tinh thần hoàn họa mà là một quá trình tinh thần vui vẻ tinh thần họa nhau họa nhau họa ngày tinh thần họa bao gồm sự họa cách nhau di chuyển họa gì tinh thần khi họa 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

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 massachusetts amherst

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