

**The Emotional Toolkit: Seven Power-
Skills To Nail Your Bad Feelings**
By Darlene Mininni



Seven Power-Skills to Nail Your Bad Feelings. Darlene Mininni, Ph.D. St. Martin's Griffin

<http://us.macmillan.com/theemotionaltoolkit/DarleneMininni>

"The Emotional Toolkit: Seven Power-Skills to Nail Your Bad Feelings by Darlene Mininni Requirements: ePUB Reader, Size: 320 Kb Overview: Have you ever been stuck in

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The Emotional Toolkit: Seven Power-Skills to Nail Your Bad Feelings. Seven Power-Skills to Nail Your Bad Feelings by Darlene Mininni 2005 | ISBN: 031231888X, <http://tags.sanet.me/Toolkit/>

Seven Power-Skills to Nail Your Bad Feelings by; Darlene The Emotional Toolkit: Seven Power-Skills to course Dr. Darlene Mininni developed

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Jul 03, 2005 Toolkit: 7 Power-Skills to Nail Your Bad says Darlene Mininni of her book ``The Emotional Toolkit: 7 Power-Skills to Nail Your Bad Feelings

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Provides techniques to identify and change troubling feelings. This book covers seven "tools" to decrease the intensity and duration of unpleasant moods: thought

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Darlene Mininni is the author of The Emotional Toolkit (4.34 avg rating, 29 ratings, 5 reviews, published 2005), Darlene Mininni s Followers (1)

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Darlene Minnini is the author of The Emotional Toolkit (3.00 avg rating, 2 ratings, 0 reviews, published 2005) http://www.goodreads.com/author/show/3353840.Darlene_Minini

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