



Undisturbed: A Guide To Emotional Wellness

By Adam Oakley

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A book designed to dispel the myths we have about emotions, showing how to treat them in such a way that they no longer become a burden... We are often faithful to emotions, feeling somehow owned by them, when in fact emotions depend on us. We need not cling to them or take them so seriously. They are energy movements, which would not exist if we were not here to witness them. This book aims to show that we need not label our emotions in any way. We need not regulate or police ourselves. We can relinquish suppressing something because we believe it is "wrong" to feel a certain way - this is all just conditioning. We can stop distinguishing between good and bad emotions, right or wrong feelings, feelings "I should have" or "should not have", what is "spiritual" or "not spiritual", and instead return to pure experience, which is untarnished by story-telling, resistance or personal attachment. From here we become aware of the deeper peace available prior to emotional movement, where emotions can not stick, which is also the source of all useful action.

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Editorial Review

About the Author

At the time of writing, this section is entitled "Author Biography". Who are you if you put aside the story of your own biography? What is left if you no longer generate stories about yourself? This is what I write about, and how the natural intelligence of Life can flow more freely when we are no longer clinging to concepts from the past. You can find more of my work and free content at www.InnerPeaceNow.com.

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