



# **Your Killer Emotions: The 7 Steps to Mastering the Toxic Emotions, Urges, and Impulses That Sabotage You**

*Ken Lindner*

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Your emotions can be killers!

Have you at one time or another let your feelings of hurt, anger, disappointment, rejection, rage, betrayal, insecurity, or hopelessness cloud your best judgment? Did you make disappointing, self-sabotaging life choices as a result? If the answer is “Yes, many times,” then this book is for you.

Emotions can kill your ability to accomplish your plans, fulfill your dreams, and attain the life you so dearly desire.

Think of Your Killer Emotions as your emotion-mastery kit, to be used in consistently making positive life choices; it will enable you to beneficially channel the supremely potent energy charges triggered by your potentially sabotaging emotions, impulses, and urges, thereby turning them into your allies.

Ken Lindner, “The Life-Choice Coach,” has counseled thousands of individuals over the past thirty years to make great, life-enhancing decisions. In Your Killer Emotions, he will show you how to identify your Personal Emotional Triggers (PETS), and empower you to nullify the energy charges from potentially sabotaging emotions. You will be able to think and reason clearly—destructive-emotion-free—so that you make life choices that reflect your most highly-valued life goals.

Your Killer Emotions will change the way you make your life choices—and your life—in the most positive ways!

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