INTRODUCTION

As a wise man once said, "the only constant in life is change." Even if we are sure to live transformation in our life, we are not prepared for the chaos that often comes with change. Since growth is often born of chaos, there is a need to find a state of peace and calm while we move through stages in life.

When we perceive that our life is chaos or when we apprehend change, it often impacts our emotions. One of the worst states we can experience is anxiety because it makes us feel like we are losing control over life. Anxiety can be a normal feeling of worry felt by all human beings; it can become disabling if it is not managed.

Even if anxiety can be considered a chronic disease, it doesn't have to be that way; you don't have to experience it your whole life. There are ways you can learn to master your emotions and reduce or even eliminate anxiety.

Anxiety is a state that arises from feeling our emotions. Since emotions have a life span of 90 seconds, we can learn to prepare

ourselves better to fully express emotions and not let that emotion paralyze us or control our lives.

In this book, you will acquire knowledge about the emotional body and how it interacts with your mind, your body, and also your energy. We will be digging into bodies of research to help you understand what you experience. But mostly, this book will help you put in place practices that have been successful in helping people master their emotions and live a peaceful life.

This book is not a substitute for the therapy, medical assistance, or medication that you are already following. It serves as a complement to what you are already trying. It was created to provide you with the knowledge, the skills, and the experience in embracing your emotions in a way that doesn't affect your quality of life.

We invite you to be open and try the exercises in this book, in the long run, you will see a big difference in your ability to cope with the chaos around. You will no longer cope but thrive with the idea of change.