



# Better Than You Feel: Making Your Emotions Work For You

*Drenda Keesee*

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## **Better Than You Feel: Making Your Emotions Work For You** Drenda Keesee

What if I told you that you have a powerful key to success that might be working against you instead of for you?

That key is emotions! Too often, we allow feelings and emotional outbursts to subject us to bad decision-making?hindering our success and harming the ones we love. If we don't understand why we feel a certain way, we'll always be trying to guess what our hearts want. Emotional outbursts sabotage our successes, lead us around on whims, and hold us hostage when we need to be free. So how can we harness the power of emotions to drive us forward and bring passion to relationships instead of pain?

In *Better Than You Feel*, Drenda Keesee offers an understanding of how to tackle emotions and use them to ignite passion in relationships, self-control in daily life, and enthusiasm for projects, so you can achieve more without exhaustion. Turn your passion into purpose, priorities, and plans for success. Identify sources of anger and guilt, and deal with the lingering emotional baggage that causes defeat and repeat performances. Life can be better than you feel when you learn the constant, unshakable power of purpose and the calming peace of identity in God's love.

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