



THE POWER OF THE EMOTIONS (new edition)
How to tell the real from the fake
Michelle Larivey

Fully understanding your emotions and living a happy life!

336 pages

April 2021 – New edition

Éditions de l'Homme

Rights of the first edition sold to Portugal and Poland

> 25 000 copies of the first edition sold in French

Despite widespread belief, there is no danger in letting ourselves be guided by our emotions. On the contrary, to make choices that take into account our whole being, it's better to rely on what we feel, although it's still important to fully understand the messages relayed by our emotions. Author and psychologist Michelle Larivey has done an enormous amount of work in classifying and understanding what emotions do. For example, anxiety can tell us about a lack of preparation or a tendency to aim for the impossible. Restlessness is a sign that we are staving off a concern that is trying to come to the surface. Anger indicates dissatisfaction about something, while the role of fear or desire is to anticipate the future, etc.

This book, with its complete inventory of emotions as well as anecdotes from daily life, makes it possible for everyone to gain insight into their various emotional experiences: defining them, analyzing them, understanding their role and, in particular, learning how to manage them. It's a genuine emotional goldmine.

Strong points

- A comprehensive inventory of emotions and their roles.
- A simple language that speaks to everyone.
- Concrete examples for each emotion.

Michelle Larivey was a psychologist and psychotherapist, with a particular emphasis on clinical research, the training of psychotherapists and the development of new intervention techniques in psychology.

By the same author
**THE RELATIONSHIP
CHALLENGE**
Emotional
Transference

> 12 000 copies sold in
French

