

# Your Killer Emotions

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**Killers of the Flower Moon** David Grann 2017-04-18 NATIONAL BOOK AWARD FINALIST • NATIONAL BESTSELLER • A twisting, haunting true-life murder mystery about one of the most monstrous crimes in American history, from the author of *The Lost City of Z*. In the 1920s, the richest people per capita in the world were members of the Osage Nation in Oklahoma. After oil was discovered beneath their land, the Osage rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off. The family of an Osage woman, Mollie Burkhart, became a prime target. One of her relatives was shot. Another was poisoned. And it was just the beginning, as more and more Osage were dying under mysterious circumstances, and many of those who dared to investigate the killings were themselves murdered. As the death toll rose, the newly created FBI took up the case, and the young director, J. Edgar Hoover, turned to a former Texas Ranger named Tom White to try to unravel the mystery. White put together an undercover team, including a Native American agent who infiltrated the region, and together with the Osage began to expose one of the most chilling conspiracies in American history.

Career Choreography Ken Lindner 2021-04-06 Achieve your most coveted professional goals and dreams by following easy and effective steps from America's Most Successful Career Developer. Renowned talent agent, author, and career counselor Ken Lindner has written a game-changing plan of action to enable you to identify, find, and secure the job, position, or profession that's uniquely suited for you. For over thirty-five years, Lindner has skillfully used these same choreographies and strategies with thousands of now-successful individuals, including such celebrities as Lester Holt, Mario Lopez, Robin Meade, Liz Claman, Ana Cabrera, and Nancy O'Dell. If you need a new job, if you're stuck in an unsatisfying profession, entering the workforce for the first time, or aspiring to enjoy enormous success in your current position, Career Choreography will show you how to o identify and achieve your goals and dreams, and objectively recognize the skills and experiences needed to attain them; o craft the wisest and most beneficial career steps; o develop a rock-solid, reliable mindset and skill-set foundation; and o make your heart sing by achieving a true life and work balance. Career Choreography will equip you with the strategies, insights, and wisdom to empower you to accomplish huge and sustained career success.

*The Killer Angels* Michael Shaara 2004-11-02 A reissue of a Pulitzer prize-winning classic, and now the major

motion picture *GETTYSBURG*. As a result of these acclamations, this book is considered one of the greatest novels written on the Civil War.

**Dear Killer** Katherine Ewell 2014-04-01 Full of "can't look away" moments, *Dear Killer* is a psychological thriller perfect for fans of gritty realistic fiction such as Dan Wells's *I Am Not a Serial Killer* and Jay Asher's *Thirteen Reasons Why*, as well as television's *Dexter*. Rule One—Nothing is right, nothing is wrong. Kit looks like your average seventeen-year-old high school student, but she has a secret—she's London's notorious "Perfect Killer." She chooses who to murder based on letters left in a secret mailbox, and she's good—no, perfect—at what she does. Her moral nihilism—the fact that she doesn't believe in right and wrong—makes being a serial killer a whole lot easier . . . until she breaks her own rules by befriending someone she's supposed to murder, as well as the detective in charge of the Perfect Killer case. As *New York Times* bestselling author of the *Gone* series Michael Grant says, *Dear Killer* is "shocking, mesmerizing, and very smart."

**The Journalist and the Murderer** Janet Malcolm 2011-06-22 A seminal work and examination of the psychopathology of journalism. Using a strange and unprecedented lawsuit by a convicted murder against the journalist who wrote a book about his crime, Malcolm delves into the always uneasy, sometimes tragic relationship that exists between journalist and subject. Featuring the real-life lawsuit of Jeffrey MacDonald, a convicted murderer, against Joe McGinniss, the author of *Fatal Vision*. In Malcolm's view, neither journalist nor subject can avoid the moral impasse that is built into the journalistic situation. When the text first appeared, as a two-part article in *The New Yorker*, its thesis seemed so radical and its irony so pitiless that journalists across the country reacted as if stung. Her book is a work of journalism as well as an essay on journalism: it at once exemplifies and dissects its subject. In her interviews with the leading and subsidiary characters in the MacDonald-McGinniss case -- the principals, their lawyers, the members of the jury, and the various persons who testified as expert witnesses at the trial -- Malcolm is always aware of herself as a player in a game that, as she points out, she cannot lose. The journalist-subject encounter has always troubled journalists, but never before has it been looked at so unflinchingly and so ruefully. Hovering over the narrative -- and always on the edge of the reader's consciousness -- is the MacDonald murder case itself, which imparts to the book an atmosphere of anxiety and uncanniness. *The Journalist and the Murderer* derives from and reflects many of the dominant intellectual concerns of our time, and it will have a particular appeal for those who cherish the odd, the off-center, and the unsolved.

**A Killer Sundae** Abby Collette 2022-01-04 Ice cream shop owner Bronwyn Crewse is in for two scoops of murder in this charming mystery from Abby Collette. Chagrin Falls, Ohio, is gorgeous in the fall, and Bronwyn Crewse, owner of Crewse Creamery, knows just how to welcome the new season. At the annual Harvest Time Festival, residents will get a chance to enjoy hot-air balloons and hayrides, crown a new Harvest Time Festival Queen, and eat delicious frozen treats sold at Win's freshly purchased ice cream truck. But she gets into a sprinkle of trouble when a festivalgoer is poisoned and Win is implicated. Although the victim was a former Harvest Time Festival Queen, her once-sunny disposition had dimmed into bitterness, leaving no shortage of suspects at the festival. To clear her name before the chill of winter sets in, Win will have to

investigate and hope that her detective skills won't "dessert" her.

*The Red Palace* June Hur 2022-01-25 June Hur, critically acclaimed author of *The Silence of Bones* and *The Forest of Stolen Girls*, returns with *The Red Palace*—a third evocative, atmospheric historical mystery perfect for fans of Courtney Summers and Kerri Maniscalco. To enter the palace means to walk a path stained in blood... Joseon (Korea), 1758. There are few options available to illegitimate daughters in the capital city, but through hard work and study, eighteen-year-old Hyeon has earned a position as a palace nurse. All she wants is to keep her head down, do a good job, and perhaps finally win her estranged father's approval. But Hyeon is suddenly thrust into the dark and dangerous world of court politics when someone murders four women in a single night, and the prime suspect is Hyeon's closest friend and mentor. Determined to prove her beloved teacher's innocence, Hyeon launches her own secret investigation. In her hunt for the truth, she encounters Eojin, a young police inspector also searching for the killer. When evidence begins to point to the Crown Prince himself as the murderer, Hyeon and Eojin must work together to search the darkest corners of the palace to uncover the deadly secrets behind the bloodshed. Praise for *The Red Palace*: An ABA Indie Bestseller A Junior Library Guild Selection Forbes Most Anticipated Book of 2022 Selection "A tense political thriller, a beautiful romance, and a coming of age all in one unique package." —School Library Journal, starred review "This atmospheric historical mystery will transport and captivate readers ... A beautifully written story full of historical and cultural details that will leave readers aching for a follow-up." —Booklist, starred review "An expertly choreographed mystery with a touch of romance and an emotionally satisfying conclusion ... The perfect book to curl up with for a cozy winter afternoon of murder and intrigue." —NPR

**The Book of Accidents** Chuck Wendig 2021-07-20 NATIONAL BESTSELLER • A family returns to their hometown—and to the dark past that haunts them still—in this masterpiece of literary horror by the New York Times bestselling author of *Wanderers* "The dread, the scope, the pacing, the turns—I haven't felt all this so intensely since *The Shining*."—Stephen Graham Jones, New York Times bestselling author of *The Only Good Indians* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE NEW YORK PUBLIC LIBRARY AND LIBRARY JOURNAL Long ago, Nathan lived in a house in the country with his abusive father—and has never told his family what happened there. Long ago, Maddie was a little girl making dolls in her bedroom when she saw something she shouldn't have—and is trying to remember that lost trauma by making haunting sculptures. Long ago, something sinister, something hungry, walked in the tunnels and the mountains and the coal mines of their hometown in rural Pennsylvania. Now, Nate and Maddie Graves are married, and they have moved back to their hometown with their son, Oliver. And now what happened long ago is happening again . . . and it is happening to Oliver. He meets a strange boy who becomes his best friend, a boy with secrets of his own and a taste for dark magic. This dark magic puts them at the heart of a battle of good versus evil and a fight for the soul of the family—and perhaps for all of the world. But the Graves family has a secret weapon in this battle: their love for one another.

*The Killer You Know* S. R. Masters 2018-08-28 *The Killer You Know* is a gripping, original story about toxic friendships and revenge -- perfect for fans of Laura Marshall, Ruth Ware and C. J. Tudor. I'll murder three strangers. And you'll know it was me . . . "A blinder of a read" - SUN "A scary, compelling and a completely

original page-turner" - IRISH INDEPENDENT "An original and gripping thriller" - LAURA MARSHALL  
Summer 1997: When Will jokes about becoming a serial killer, his friends just laugh it off. But Adeline can't help but feel there's something darker lurking behind his words. Winter 2015: Years later, Adeline returns to Blythe for a reunion of the old gang - except Will doesn't show up. Reminiscing about old times, they look up the details of his supposed murder spree. But the mood soon changes when they discover two recent deaths that match. As the group attempts to track Will down, they realize that he is playing a sinister game that harks back to one they used to play as kids. Only this time there are lives at stake . . . Readers are absolutely loving *The Killer You Know*: "A compelling, unpredictable thriller that conveys the changing nature of long-lasting friendships beautifully. How well do we know even our closest of friends? Highly recommended." - ELISABETH CARPENTER "A twisty, clever exploration of claustrophobic childhood friendships and the darkness they can lead to." - DERVLA MCTIERNAN "The Killer You Know is one of my favourite reads of the year. I LOVED it. Pacey, nostalgic, excellent very well-developed characters, and a clever plot" - NIKI MACKAY "A gripping, compelling read with a brilliant premise and a wonderfully twisting storyline. An incredible debut." - TM LOGAN "Compelling, creepy, and brilliantly executed, *The Killer You Know* is an original new voice in the thriller world." - PHOEBE MORGAN "Brilliantly atmospheric tale of toxic friendship, with a killer hook - what if one of your gang turned out to be a serial killer? Loved it." - LIZ BARNESLEY

**Zoo of Emotions** Teneisha R. S. Jones 2015-12-08 *Zoo of Emotions* is a read-aloud illustrated children's book that teaches simple and complex emotions using the alphabet, rhythmic prose and colorful illustrations. By combining kid-friendly artwork, roll-off-the-tongue rhymes, and a fun exploration of the alphabet, *Zoo of Emotions* is set to become a favorite bedtime classic.

*Pirates Have Feelings, Too!* Anna McKenzie 2016-12-20 A young pirate with a chaotic home life learns how to express his emotions in a healthy way and with safe individuals.

*I Am Not A Serial Killer* Dan Wells 2011-08-02 John Wayne Cheever keeps his obsession with serial killers in check by a set of rigid rules that he lives by, hoping to prevent himself from committing murder, but when a body turns up at a laundromat, must confront a danger outside himself.

*Dangerous Ground* M. William Phelps 2018-02-27 The bestselling author of *Targeted* shares the identity of the serial killer who co-starred with him on *Dark Minds* and the story of their intriguing bond. In September 2011, M. William Phelps made a decision that would change reality-based television—and his own life. He asked a convicted serial killer to act as a consultant for his TV series. Under the code name “Raven,” the murderer shared his insights into the minds of other killers and helped analyze their crimes. As the series became an international sensation, Raven became Phelps's unlikely confidante, ally—and friend. In this deeply personal account, Phelps traces his own family's dark history, and takes us into the heart and soul of a serial murderer. He also chronicles the complex relationship he developed with Raven. From questions about morality to Raven's thoughts on the still-unsolved, brutal murder of Phelps's sister-in-law, the author found himself grappling with an unwanted, unexpected, unsettling connection with a cold-blooded killer. Drawing

on over seven thousand pages of letters, dozens of hours of recorded conversations, personal and Skype visits, and a friendship five years in the making, Phelps sheds new light on Raven's bloody history, including details of an unknown victim, the location of a still-buried body—and a jaw-dropping admission. All this makes for an unforgettable journey into the mind of a charming, manipulative psychopath that few would dare to know—and the determined journalist who did just that. Praise for New York Times bestselling author M. William Phelps “Anything by Phelps is an eye-opening experience.” —Suspense Magazine “Phelps is the king of true crime.” —Lynda Hirsch, Creators Syndicate columnist

Listening to Killers James Garbarino 2015-03-12 Listening to Killers offers an inside look at twenty years' worth of murder files from Dr. James Garbarino, a leading expert psychological witness who listens to killers so that he can testify in court. The author offers detailed accounts of how killers travel a path that leads from childhood innocence to lethal violence in adolescence or adulthood. He places the emotional and moral damage of each individual killer within a larger scientific framework of social, psychological, anthropological, and biological research on human development. By linking individual cases to broad social and cultural issues and illustrating the social toxicity and unresolved trauma that drive some people to kill, Dr. Garbarino highlights the humanity we share with killers and the role of understanding and empathy in breaking the cycle of violence.

The Power of Emotions at Work Karla McLaren 2021-08-17 An in-depth guide for all workers—employees, managers, and CEOs—on how to engage our emotions in the workplace to create a productive, creative, and truly workable environment. We've all been taught that we must suppress or avoid emotions at work, but this inevitably leads to a loss in productivity, diminished creativity, and crushing job dissatisfaction. Research shows 85 percent of us avoid communicating crucial workplace problems upward, and many of us who are employed are actively looking for a different job. What's going on? “The foundational problem is that we threw emotions out of the workplace, when in fact, emotions contain the information we need to make our workplaces work,” says Karla McLaren. Now this renowned researcher shares her insights on the skills we most need—and are most often absent in the business world—for healthy, functional, and sustainable workplaces. With *The Power of Emotions at Work*, McLaren teaches communication and empathy skills to workers at all levels, including: How to co-create a healthy and well-balanced social environment that benefits all workers in any type of organization How to recognize your primary emotional role—and the roles of others How to support people in your organization who perform the most “emotional labor” Where to find authentic motivation and engagement in your job How to go from an “unintentional community” to a place of genuine belonging, and much more We all yearn to be our authentic selves at work, where we feel supported and can communicate our feelings and frustrations in a constructive way. Workplaces are “unintentional communities,” says Karla McLaren, because without access to our emotions at work, we are left without the tools we need to do our best work in a functional community. This is your resource to help you understand and engage intelligently with emotions at work—so you can help to create healthy and intentional communities where people and projects thrive.

Killer Instinct Jennifer Lynn Barnes 2014-11-04 Cassie Hobbes and the rest of the Naturals are back in this

exhilarating crime thriller, where *Criminal Minds* meets *Heist Society*-and this time a chilling copycat killer has the team in his crosshairs. Seventeen-year-old Cassie Hobbes has a gift for profiling people. Her talent has landed her a spot in an elite FBI program for teens with innate crime-solving abilities, and into some harrowing situations. After barely escaping a confrontation with an unbalanced killer obsessed with her mother's murder, Cassie hopes she and the rest of the team can stick to solving cold cases from a distance. But when victims of a brutal new serial killer start turning up, the *Naturals* are pulled into an active case that strikes too close to home: the killer is a perfect copycat of Dean's incarcerated father-a man he'd do anything to forget. Forced deeper into a murderer's psyche than ever before, will the *Naturals* be able to outsmart the enigmatic killer's brutal mind games before this copycat twists them into his web for good? With her trademark wit, brilliant plotting, and twists that no one will see coming, Jennifer Lynn Barnes will keep readers on the edge of their seats (and looking over their shoulders) as they race through the pages of this thrilling novel. Praise for *Killer Instinct* "A welcome addition to the teen-sleuth genre." -Kirkus Reviews "Barnes knows how to keep the reader hooked, and fans will be eagerly reaching for this title and clamoring for the next in the series." -Booklist "This is a definite purchase for libraries..." -School Library Journal "Intricately plotted, this novel will keep teens guessing and leave readers eagerly waiting the next installment in *The Naturals* series." -VOYA Praise for *The Naturals* YALSA Best Books for Young Adults, 2014 YALSA Quick Picks for Reluctant Young Readers, 2014 "The *Naturals* is *Criminal Minds* for the YA world, and I loved every page."-New York Times best-selling author Ally Carter \* "[A] tightly paced suspense novel that will keep readers up until the wee hours to finish."-VOYA (starred review) "This savvy thriller grabs readers right away."-Kirkus Reviews "It's a stay-up-late-to-finish kind of book, and it doesn't disappoint."-Publishers Weekly "In this high-adrenaline series opener...even a psychic won't anticipate all the twists and turns."-Booklist

*6 Killer Bodies* Stephanie Bond 2013-06-17 Carlotta Wren's world is crumbling beneath her well-shod feet. One of her closest friends has been arrested as the Charmed Killer, but Carlotta refuses to believe it. And to prove her friend's innocence, Carlotta goes against her boyfriend Peter's wishes and resumes her after-hours body-moving duties. And then... Peter pressures her for an answer to his proposal... Her troubled brother Wesley goes missing... And the madman stalking the city strikes again, this time a little too close to home. But when Carlotta finds herself in the clutches of the Charmed Killer, is she destined for her own body bag?

**In Cold Blood** Truman Capote 2013-02-19 Selected by the Modern Library as one of the 100 best nonfiction books of all time From the Modern Library's new set of beautifully repackaged hardcover classics by Truman Capote—also available are *Breakfast at Tiffany's* and *Other Voices, Other Rooms* (in one volume), *Portraits and Observations*, and *The Complete Stories* Truman Capote's masterpiece, *In Cold Blood*, created a sensation when it was first published, serially, in *The New Yorker* in 1965. The intensively researched, atmospheric narrative of the lives of the Clutter family of Holcomb, Kansas, and of the two men, Richard Eugene Hickock and Perry Edward Smith, who brutally killed them on the night of November 15, 1959, is the seminal work of the "new journalism." Perry Smith is one of the great dark characters of American literature, full of contradictory emotions. "I thought he was a very nice gentleman," he says of Herb Clutter. "Soft-spoken. I thought so right up to the moment I cut his throat." Told in chapters that alternate between the Clutter household and the

approach of Smith and Hickock in their black Chevrolet, then between the investigation of the case and the killers' flight, Capote's account is so detailed that the reader comes to feel almost like a participant in the events.

**Copycat Killer** Laura Scott 2020-04-01 Uncover this captivating cold case mystery from USA Today bestselling author Laura Scott, part of the True Blue K-9 Unit series. Murder strikes close to home for a new K-9 unit in Brooklyn When a double homicide is strikingly familiar to a twenty-year-old cold case, Detective Nate Slater is rattled by the parallels. With a child as the only witness, he and his K-9 partner must protect little Lucy and her aunt, Willow Emery. Nate's rough past means he always keeps an emotional distance...but in this case getting closer is the only way they'll all survive. From Love Inspired Suspense: Courage. Danger. Faith. True Blue K-9 Unit: Brooklyn: Book 1: Copycat Killer by Laura Scott Book 2: Chasing Secrets by Heather Woodhaven Book 3: Deadly Connection by Lenora Worth Book 4: Explosive Situation by Terri Reed Book 5: Tracking a Kidnapper by Valerie Hansen Book 6: Scene of the Crime by Sharon Dunn Book 7: Cold Case Pursuit by Dana Mentink Book 8: Delayed Justice by Shirlee McCoy Book 9: True Blue K-9 Unit: Brooklyn Christmas by Laura Scott, Maggie K. Black

**Why Your Life Sucks** Alan Cohen 2007-12-18 The in-your-face, no-hype guide to getting happy... Your life sucks if... • You routinely make someone or something more important than you • The life you are living on the outside doesn't match who you are on the inside • You say yes when you mean no • You try to fix other people • You've forgotten to enjoy the ride When your life sucks, it's a wake-up call. Now self-help guru and bestselling author Alan Cohen invites you to answer that call, change your course, and enjoy the life you were meant to live. In ten compelling chapters, Cohen shows you how to stop wasting your energy on people and things that deaden you—and use it for things you love. With great humor, great examples, and exhilarating directness, Why Your Life Sucks doesn't just spell out the ways in which you undermine your power, purpose, and creativity—it shows you how to reverse the damage. Here is an encouraging but loud-and-clear reminder that in every moment we generate our own experience by the choices we make, and that today is the best day to begin your new life.

**Draw Your Feelings Out** Amy S. Morgan 2015-01-27 Talking about feelings can be hard sometimes. Writing can also be hard, because we try too hard to find just the right words. Drawing and art therapy have been used for years as a way to enable kids (and adults) to express their feelings without the limitations of words. This workbook has been designed as a way to explore feelings, in a creative and expressive way, without judgment or a "right or wrong" answer. Each page asks a simple question, and then leaves open space for drawing any feelings or thoughts related to the question. The process of drawing feelings out may provide its own healing, or may reveal some areas where there is a need to explore and seek further help from a qualified professional.

**Your Killer Emotions** Ken Lindner 2013-01-01 Emotions can kill your ability to accomplish your plans, fulfill your dreams, and attain the life you so dearly desire.

**Crunch Time!** Ken Lindner 2013-01-01 KEN LINDNER is the founder of Life Choice Psychology™ and the author of the groundbreaking book, "Your Killer Emotions: The 7 Steps to Mastering the Toxic Emotions,

Urges, and Impulses That Sabotage You.” ([www.yourkilleremotions.com](http://www.yourkilleremotions.com)) For three decades, Ken has built a stellar reputation as one of this country’s premier Life-Choice coaches and career counselors. He’s learned that even everyday decisions have the power to become crucial turning points in life, and that what separates those individuals who achieve their goals and realize their dreams from those who don’t is the process by which the achievers reach their decisions. *Crunch Time!* gives you Ken’s 8 foolproof Steps to making constructive and self-enhancing decisions and the specific Strategies to make it happen. With compelling and insightful case studies, Ken illustrates how to live a life focused on your true values and goals in order to achieve what you want in both your life and your career. Infused with Ken’s trademark enthusiasm and ability to inspire, this is the ultimate beacon for every defining moment, in life and in business. Ken graduated magna cum laude from Harvard University. He also graduated from Cornell Law School, where he focused on conflict resolution. Ken lives in Los Angeles, with his wife Melinda and their two children, Mary and Tristan.

**Emotional Intelligence** Daniel Goleman 2012-01-11 #1 BESTSELLER • The groundbreaking book that redefines what it means to be smart, with a new introduction by the author “A thoughtfully written, persuasive account explaining emotional intelligence and why it can be crucial.”—USA Today Everyone knows that high IQ is no guarantee of success, happiness, or virtue, but until *Emotional Intelligence*, we could only guess why. Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our “two minds”—the rational and the emotional—and how they together shape our destiny. Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors, which include self-awareness, self-discipline, and empathy, add up to a different way of being smart—and they aren’t fixed at birth. Although shaped by childhood experiences, emotional intelligence can be nurtured and strengthened throughout our adulthood—with immediate benefits to our health, our relationships, and our work. The twenty-fifth-anniversary edition of *Emotional Intelligence* could not come at a better time—we spend so much of our time online, more and more jobs are becoming automated and digitized, and our children are picking up new technology faster than we ever imagined. With a new introduction from the author, the twenty-fifth-anniversary edition prepares readers, now more than ever, to reach their fullest potential and stand out from the pack with the help of EI.

**Navigating a Sea of Emotions** Kristin Hanley 2017-01-19 When the world says, "Let your emotions lead you," we as Christ-followers must find a different course, navigating through the minor whirlpools, unpredictable winds, and sometimes ferocious hurricanes. Christ's words and actions guide our ships into deeper waters and beyond to the other shore. This book explores scriptural anchoring points, personality influence, and past experiences to give us a new vision of the weighted tension between letting loose with our feelings or cinching up and ignoring them altogether. As human beings, we are created with emotional dimension, and within Christ, we are called to surrender these feelings, using them in a healthy and biblical way.

**Emotional Mastery** A. O'Connor 2015-06-29 Our emotions are powerful and they can lead us to feelings and thoughts of happiness and joy or sadness and devastation. Everyone of us are faced with not only our own emotions but the emotions of others, as well. Learning to master our emotions and how to appropriately

respond to the emotions of others is critical to living a successful and happy life. Failure to master our emotions can lead to poor physical health and depression. The good news is that we do not have to be creatures of emotion based reaction behavior but can live the life of success, prosperity and love we deserve. Emotional Mastery will lead you to awareness of the root cause or triggers of your emotions and give you effective methods for dealing with them and increasing your emotional intelligence. Contrary to the belief of some, our emotions are not necessarily the result of upbringing, social status, or environment. Our emotions should not control us but serve us giving us more management over our lives and improving our relationships. Each of us have within us the power to rein over our emotions and redirect them to become powerful tools of enhanced self-awareness, rapid problem and conflict resolution, influential interpersonal skills, stronger relationships, career success, and enable us to live the happy life we all dream of. You have the power to rein over your emotions and even control them. You have the power to be happy, even when you think it's impossible, and you have the power to change the way you feel. You will soon find that even the most difficult circumstances will be handled with maturity and can no longer harm you or your physical well being. Decide today to raise your Emotional Intelligence stop negative emotional reaction behavior and become the Master of your success and happiness.

**Remembering Joy** Jenni Moen 2013-06-13 One mistake can shatter dreams and shape the future. Alexis knows this first hand. Even though her memory of that day is hazy, she has spent the last ten years trying to put it behind her. Armed with the knowledge that her career will be her only legacy, Alexis works night and day to prove that she is more than just her last name. It's not only that she doesn't have time for love. She doesn't have the heart for it. After all, there's no point in starting something you can't finish. When she meets Adam, she's drawn to him in a way even she can't deny. The film student is dark and brooding and strangely charming. He's the perfect distraction from her mundane life. And, as if fate is pushing them together, he seems to be around every corner. It's enough to almost make her entirely forget about her past and take a chance. But Adam can recall every detail that she's forgotten. What she doesn't remember, he can't forget.

**Peanut and the Big Feelings** Jenifer Trivelli 2016-01-14 A guide for parents and professionals who work with children who have stress issues.

**Serial Killer Coloring Book** Gregory Kurchap 2020-07-21 How to spend your free time while painting portraits of dangerously famous people? Life is too complicated, and we all have work commitments, productive ideas to write down, family, children, parents. How you can fuel your imagination, develop your most hidden emotions, experience your artistic experience, in the intimacy of a coloring book without ever losing your interest? You deserve this amazing coloring book and your deepest feelings will emerge. In this fantastic coloring book, you will find the portraits of many famous serial killers and you will be able to experience the art of coloring, freely choosing the colors and shades that best suit your personal style and the feeling you feel at that time. In the book Serial Killers Coloring Book you will find: 30 portraits of serial killers to color where you can personally choose the style of the color, the type of pen, brush, and any other artistic tool you want to use. A summary but effective biography with all the details of the crimes committed by these heinous killers. Free space for your notes Lots of details about the weapons used by the killers and their victims. Ease your

living, gain emotions, boost your artistic skills, sleep more - the solution is to color the world, and learn by the news! This book is best for: People who are passionate about the criminal facts of the present and the past  
Anyone who wants to discover some of the world's most infamous killers in perfectly-Illustrated detail and boost their artistic creativity with enrichment on the history of the news events of today and yesterday Get This incredible coloring book now! You can start your artistic and leisure journey now. **THIS BOOK CONTAINS ADULT LANGUAGE AND CONTENT. IT IS NOT SUITABLE FOR CHILDREN AND MAY NOT BE SUITABLE FOR ALL ADULT READERS.**

**Aspire Higher** Ken Lindner 2021-11-02 Aspire higher to truly love yourself, lead your very best and highest life, and spread that love to the world around you! The COVID-19 pandemic has wrought global devastation. Unbridled violence, vitriol, racism, distrust, and anger are pervasive. The world is in serious need of love, repair, and healing. And so are all of us as individuals. There has never been a better time than right now to seize the life you truly crave, be your greatest self, and share that positivity with others in order to make the world a more loving and positive place. Most of us want love and peace in our hearts and in the world, but in **Aspire Higher**, Ken Lindner, author, renowned celebrity career coach, and founder of Positive Life Choice Psychology™, shows you how to actually achieve that goal through clear, actionable steps and strategies. **Aspire Higher** will teach you how to develop true, empowering inner love and organically share it with others; raise your feelings of self-esteem and self-worth; embrace positive emotions; help create a far more respectful, civil, and empathetic country and world. Now is the perfect time to reboot your mindset, your life, and in the process, substantially improve the lives of others . . . and the world.

**Holding Back The Tears** Annie Mitchell 2013-09-16 This is true story about real people is set in Edinburgh City and Dundee, where a petite Scottish Lassie called Rosie Gilmour, mother to Finlay Sinclair, receives news of the death of her son - who tragically has taken his own life by hanging. Rosie pretends her son is still alive by talking to him, for that takes away the unbearable pain of her loss. But once she begins to face up to the fact that Finlay is not coming back, her conversations become more of a challenge than she can handle. When memories of her past are triggered by everyday life events, they take her mind back and forth in time - back to her own childhood days in 1960, when she flirted with the fairground boys, and to the day she gave birth to Finlay - "ME LADDIE". Rosie's Scottish accent becomes more apparent whenever her emotions are heightened and she begins to recite poetry. She goes on to reveal doubts about her own self-worth and how she re-unites her role as mother - a role she had denied herself for seven years prior to Finlay's death. Rosie learns how to forgive herself and how to accept her loss with using practical coping strategies that sometimes but not always work for her. Many voices of different natures and walks of life appear in Rosie's, story with each one offering a part of their own belief to try and console her in her misery - except that she turns her back on any advice or support offered. Rosie is convinced that she can cope with her loss on her own and "needs no help from anyone, thank you" - until a sweet, gentle, soft-spoken voice begins to travel with her throughout her ordeal, leaving her no other choice but to listen. Eventually moving to the countryside in Angus, Rosie finds the isolation gives her life a new meaning offering her the opportunity to re-value her beliefs about her own self values and decides the time has come to give her son a memorial service and invite a chosen few dance companions whom she met on a regular basis in Edinburgh to honour

this day. Rosie begins to accept she will never be the same person she once had been and shall never be again, believing now her journey through grief taught her many lessons making her a stronger and better person than she imagined she could ever be.

*The Emotional Intelligence Quick Book* Travis Bradberry 2006-12-01 An accessible, how-to guide that brings focus to the unique skills that comprise emotional intelligence and incorporate these tools into your life.

**EMOTIONAL INTELLIGENCE: THE #1 PREDICTOR OF PROFESSIONAL SUCCESS AND PERSONAL EXCELLENCE** In today's fast-paced world of competitive workplaces and chaotic personal lives, each of us is searching for effective tools that can make our schedules, behaviors, and relationships more manageable. The Emotional Intelligence Quickbook shows us how understanding and utilizing emotional intelligence can be the key to exceeding our goals and achieving our fullest potential. Authors Bradberry and Greaves use their years of experience as emotional intelligence researchers, consultants, and speakers to revitalize our current understanding of emotional intelligence. They have combined their latest research on emotional intelligence with a quick, easy-to-use format and cut-to-the-chase information to demonstrate how this other kind of "smart" helps us to decrease our stress, increase our productivity, understand our emotions as they happen, and interact positively with those around us. The Emotional Intelligence Quickbook brings this concept to light in a way that has not been done before -- making EQ practical and easy to apply in every aspect of our daily lives. The Quickbook will help you to: -Engage the four unique areas of EQ: self-awareness, self-management, social awareness, and relationship management -Increase your EQ through the use of these skill-building techniques -Apply your EQ at work to develop leadership skills and improve teamwork, making you a better manager and a more desirable employee -Practice your EQ outside the office environment to benefit your relationships with loved ones, making you a better partner and parent -Access the link between your EQ and your physical well-being to improve your overall health -Measure your current EQ through access to the authors' bestselling online Emotional Intelligence Appraisal

**His Garden** Anne K. Howard 2018-07-10 A lawyer gets inside the mind of a notorious New England serial killer in this award-winning and "grimly compelling" true crime (Kirkus). For nine months of 2003, William Devin Howell went on a killing spree in and around New Britain, Connecticut. Seven people went missing; all of their bodies eventually discovered in a wooded lot behind a strip mall. But the investigation that led to Howell's arrest is only part of the story. Attorney and author Anne K. Howard first contacted Howell while he was serving a fifteen-year sentence for one of his murders. He was about to be charged for the remaining six. A unique and disturbing friendship between the two began, comprised of written correspondence, face-to-face prison visits and recorded phone calls. Over the course of years, Howell shared his troubled history with Howard. When his case was finally over, he told her every intimate, grizzly detail of how he became Connecticut's most prolific serial killer. In *His Garden*, Howard probes the complicated mind of William Devin Howell. It is a story that explores the eternal question of human evil and its impact on others, including the woman he chose to hear his horrific confession. 2020 Independent Press Award 2018 Literary Excellence Pencraft Award

Crunch Time! Ken Lindner 2013-01-01 Ken Lindner is the founder of Life-Choice Psychology and the author

of the groundbreaking book, *Your Killer Emotions: The 7 Steps to Mastering the Toxic Emotions, Urges, and Impulses That Sabotage You* ([www.yourkilleremotions.com](http://www.yourkilleremotions.com)). For three decades, Ken has built a stellar reputation as one of this country's premier Life-Choice coaches and career counselors. He's learned that even everyday decisions have the power to become crucial turning points in life, and that what separates those individuals who achieve their goals and realize their dreams from those who don't is the process by which their decisions are reached. *Crunch Time!* gives you Ken's 8 foolproof Steps to making constructive and self-enhancing decisions, in addition to the specific Strategies that will bring this process to life. With compelling and insightful case studies, Ken illustrates how to live a life focused on your true values and goals in order to achieve what you want for your career and in your life. Infused with Ken's trademark enthusiasm and ability to inspire, this book's heartfelt advice serves as the ultimate beacon for every defining moment. Ken graduated magna cum laude from Harvard University. He later graduated from Cornell Law School, where he focused on conflict resolution. Ken lives in Los Angeles with his wife, Melinda, and their two children, Mary and Tristan.

*Killer Beauty* Eva Chance 2021-11-06 I'm the girl you'll never see coming. Blink and you're dead, another target checked off my list. But one night everything in my carefully ordered existence falls apart. A bloodbath and a car crash later, I find myself in the grasp of four gorgeous, intimidating men. Are my captors cops like they claim or something far more sinister? They sure know how to bend the law. And seeing how skillfully they handle a gun or a knife, I can't help wondering what their hands would feel like all over me. But I have vengeance to wreak, and no man, no matter how powerful, is going to keep me caged for long. They think they've caught a wounded little mouse. How could they know they've brought a killer into their home? I'll bide my time, learn all I can, and when I'm ready to strike... They'll never know what hit them. \*Killer Beauty is the first in a new gritty contemporary romance series from bestselling author Eva Chase (writing as Eva Chance) and Harlow King. No major triggers, just hot murderously-inclined men, a deadly heroine out for revenge, and an enemies-to-lovers romance where the girl gets all the guys. Prepare for bloody chaos!\*

*Spirit Check* Michelle Collins 2017-09-08 "If you're ever going to master your emotions, the first order of business is to get out of your feelings." From the book "Spirit Check" Your attitude, behavior and mindset define your spirit, which is the seat of your emotions. Through the lens of self examination, five bold and common emotions + character flaws are exposed that derail personal, spiritual success and growth. In Spirit Check, Michelle Collins provides a persuasive commentary on the five [jealousy, intimidation, fear pride and anger], with practical solutions for immediate implementation to transform the mind, soul and spirit. Discover how biblical principles and practical solutions can aid in your goal to become whole and spiritually healthy. Commit to a healthier more excellent way of mastering your emotions, masterfully.

*Ripple* Jim Cosgrove 2022-04-05 "Riveting... a personal and highly original work of true-crime storytelling." — John Douglas, former FBI criminal profiling pioneer and co-author of the #1 New York Times bestseller *Mindhunter* A chilling investigation into the unsolved "boy in the woods" murder; journalist Jim Cosgrove chronicles his decades-long struggle to uncover the truth of a family friend's disappearance and death — perfect for fans of *I'll be Gone in the Dark* and *Memorial Drive*. For nine years, South Carolina officials

struggled to identify “the boy in the woods,” a young man whose body had been discovered just south of Myrtle Beach in a fishing village called Murrells Inlet. Meanwhile, 1,200 miles away in Kansas City, Missouri, Frank McGonigle's family searched for him at Grateful Dead concerts and in the face of every long-haired hitchhiker they passed. Consumed by guilt for how they'd treated him, Frank's eight siblings slowly came to understand that — like Jerry Garcia sang — he's gone and nothin's gonna bring him back. Frank McGonigle was finally found — and identified as “the boy in the woods.” Four years later, the case still unsolved, Jim Cosgrove, a McGonigle family friend and investigative journalist, picked up the trail of Frank's cold case and began uncovering connections to a ruthless local crime boss and blunders by the threadbare sheriff's department. When his research began to stall, a chance meeting with the soft-hearted, straight-talking “energy reader” Carol Williams provided a metaphysical spark that reignited Jim's resolve. Although his work as a journalist trained him to be skeptical, Cosgrove found himself starting to become a believer when Carol provided details about Frank's murder that turned out to be freakishly accurate. In 2019, Cosgrove returned to Murrells Inlet with one of Frank's brothers to dredge up some old leads and settle Frank's case once and for all...

**Career Choreography** Ken Lindner 2021-04-06 America's Most Successful Career Developer shows you how to secure personally suited jobs and achieve your professional goals by following easy and effective steps. Renowned talent agent, author, and career counselor Ken Lindner has written a game-changing plan of action to enable you to identify, find, and secure the job, position, or profession that's uniquely suited for you. For over thirty-five years, Lindner has skillfully used these same choreographies and strategies with thousands of now-successful individuals, including such broadcast journalists as Lester Holt, Mario Lopez, Robin Meade, Liz Claman, Ana Cabrera, and Nancy O'Dell. If you need a new job, if you're stuck in an unsatisfying profession, entering the workforce for the first time, or aspiring to enjoy enormous success in your current position, Career Choreography will show you how to o identify and achieve your goals and dreams, and objectively recognize the skills and experiences needed to attain them; o craft the wisest and most beneficial career steps; o develop a rock-solid, reliable mindset and skill-set foundation; and o make your heart sing by achieving a true life and work balance. Career Choreography will equip you with the strategies, insights, and wisdom to empower you to accomplish huge and sustained career success.

**The Killer and I** Michael Aloisi 2011-10-01

**Familicidal Hearts** Neil Websdale 2013-06-20 Oscar, physically and sexually abusive, stabbed his partner and two stepdaughters to death, buried the bodies, and fled the state with his two younger children. Paul, a respected investment banker, donned a Halloween mask and shot his wife and two children before turning the gun on himself. What drives individuals as different as Oscar and Paul to kill their families? Why does familicide appear to be on the rise? In Familicidal Hearts, award-winning author and sociologist Neil Websdale uncovers the stories behind 196 male and 15 female perpetrators of this shocking offense, situating their emotional styles on a continuum, from the livid coercive to the civil reputable. With highly detailed and riveting case studies, Websdale explores the pivotal roles of shame, rage, fear, anxiety, and depression in the lives and crimes of the killers. His analysis demonstrates how internal emotional conflict, against a backdrop of

societal pressures, is at the root of familicide, challenging the widely accepted argument that murderers kill family members to assert power and control. Websdale contends instead that most perpetrators struggle with intense shame, many sensing that they failed to live up to the demands of modern gender prescriptions, as fathers and lovers, wives and mothers. What emerges is a compelling theory about the haunting effects of modern emotional struggles on perpetrators, controlling and upstanding alike. Captivatingly written and expertly researched, this provocative book weaves a gripping tale of modern-era "haunted hearts." Blending the social, the historical, and the emotional into a new way of making sense of a horrific crime, *Familicidal Hearts* is a provocative meditation on gender roles, social forces, and modern life itself.