



7 Steps to Spiritual Empathy

The Spiritual Philosophy of Emotional Intelligence

Learn to Listen... Change your Life!

The first in the series of books

“The Intelligence of Our Emotions”

By Jenny Florence

First Published 2016 A-Z of Emotional Health

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Additional Resources to Support your Journey.

Free Worksheets to accompany this book are available to Download with your free meditation “The Transformational Power of Emotion”.

Download at:

www.spiritualempathy.com/meditation/

<http://bit.ly/1XkNI53>

Jenny also offers readers the opportunity to receive updates about Free Audios, Videos and Free Meditations. If this is of interest to you, please register your details on her homepage.

www.jennyflorencehealth.com

A Further 7 Day Series of Meditations based on this book can be listened to in Jenny’s on-line Library, The A-Z of Emotional Health. This library is Free public resource supporting all aspects of emotional health and wellness.

www.a-z-of-emotionalhealth.com

Work with Jenny

Jenny is both a Writer and Speaker. She can be reached via her website at:

www.jennyflorencehealth.com

Jenny Florence



Born London 1961. Writer, Speaker, UK Accredited Counsellor of 26 years, BACP, UKRC Reg

Author of the #1 International Bestselling Series of self-help books, The Intelligence of our Emotions.

Founder of the A-Z of Emotional Health on-line Library, a Free Public Resource dedicated to promoting Emotional Health and Wellness

Huffington Post Blogger & Contributor

Contact Jenny jenny@jennyflorencehealth.com

Or for more information and to register to receive updates about her work including free Audios and Meditations please go to www.jennyflorencehealth.com

You can also follow Jenny on Twitter <https://twitter.com/JennyFlorence1>

or follow the A-Z of Emotional Health Facebook Page <https://business.facebook.com/azofemotionalhealth/>

Further Reading.

1 Chapter 1. Our understanding of the benefits and need for emotional literacy are a relatively recent development. For further reading in this area I would suggest authors such as Daniel Goleman, author of “Emotional Intelligence” and Karla McLaren, author of “The Language of Emotions”.

2 Chapter 5. For further reading in this area I would suggest “The Body Keeps the Score”. Bessel Van Der Kolk, MD.

3 Chapter 6. Further suggested reading “Super Genes”. Rudolph E Tanzi and Deepak Chopra.

4 Chapter 6. “The Shadow of the Object, Psychoanalysis of the Unthought Known”. Christopher Bollas

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Review Request

If you have enjoyed this book and feel that it has been helpful to you then I would be very grateful if you would post a positive review.

Your support really does matter.

Positive reviews encourage people to take a look inside and to potentially enhance their own journey of emotional discovery. Your reviews enable my message and my personal dedication to create positive change through personal empowerment to potentially reach a greater number of people.

I read all of my reviews and truly value your feedback.

To post a review all you have to do, is go to the review section of the books Amazon Page. There is a button that says: “Write a Customer Review”. Click on this button and follow the prompts to post your review.

Thank you beyond measure.

The links to the book on both Amazon.com and Amazon.co.uk are below. For some reason the review pages on these sites are separate from one another. Thank you so much to those of you who have made the time to post reviews on both.

With much love and appreciation.

Jenny

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