

The Mood Cards Understand Deep Emotions Explore More Complex Emotions And Behaviours For Healing Happiness And Inner Peace

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The Mood Cards Understand Deep

The cards are a great tool, to use individually, or in a group. They have a face with a mood expressed on one side, and some questions on the other side. There are 2 packs of cards available. One is around mood swings and depression. The other goes deeper, and explores painful repressed emotions causing psychological distress.

Understand Deep Emotions - The Mood Cards: Explore More ...

Following the success of the original bestselling Mood Cards, this new, stand-alone volume offers 50 cards to help you work with more complex emotions and behaviors, so that you can embark on a deeper journey of self-discovery.

Understand Deep Emotions - The Mood Cards: Explore More ...

The Mood Cards: Understand Deep Emotions 4.7 out of 5 stars 132. Cards. \$23.27. The DBT Deck for Clients and Therapists: 101 Mindful Practices to Manage Distress, Regulate Emotions & Build Better Relationships Lane Pederson. 4.5 out of 5 stars 995. Cards. \$17.99.

Mood Cards: Make Sense of Your Moods and Emotions for ...

Understand Deep Emotions - The Mood Cards: Explore More Complex Emotions and Behaviours for Healing, Happiness and Inner Peace by Andrea Harrn accessibility Books Library as well as its powerful features, including thousands and thousands of titles from favorite author, along with the capability to read or download hundreds of books on your PC or smartphone in minutes.

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The Mood Cards Understand Deep Emotions Explore More ...

The Mood Cards - Understand Deep Emotions Explore More Complex Emotions and Behaviours for Healing, Happiness and Inner Peace Format: Cards Publisher: Welbeck Publishing Group, United Kingdom Imprint: Eddison Books Ltd ISBN-13: 9781859064030, 978-1859064030 Synopsis

The Mood Cards - Understand Deep Emotions - 9781859064030 ...

Mood Cards Understand Deep Emotions 2016-06-01 Based on mindfulness, cognitive behavioral therapy, and positive psychology, this pack demystifies psychology and mental-health labels and offers a fun and accessible way to help you identify and explore moods, feelings, and emotions.

The Mood Cards - PDF Download

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The Mood Cards - Understand Deep Emotions : Andrea Harrn ...

The Mood Cards offers a fun and accessible way to help you identify and explore your moods and emotions. This set: THE MOOD CARDS: UNDERSTANDING DEEP EMOTIONS

Understanding Deep Emotions - Interview with Andrea Harrn | PODCAST Eddison Books

The Mood Cards - Understand Deep Emotions: Explore More Complex Emotions and Behaviours for Healing, Happiness and Inner Peace (New edition) By Andrea Harrn (Author), Stacey Siddons (Illustrator)

The Mood Cards - Understand Deep Emotions: Explore More ...

Andrea Harrn created The Mood Cards. She is a UK based psychotherapist and began her career in counselling in 2000. She has a wealth of experience in psychotherapy, counselling, hypnotherapy, mindfulness training, and supervision. She created The Mood Cards in 2015. I reached out to her after I purchased The Mood Cards as I was so happy

The Mood Cards - Andrea Harrn Counselling Services

Psychology doesn't have to be complicated. Drawing on cognitive behavioral therapy, mindfulness, and positive psychology, The Mood Cards offer a fun and accessible way to help you identify and explore your moods and emotions. Each of the 42 beautifully illustrated mood and emotion cards includes guided questions for self-exploration plus a positive affirmation.

Mood Cards: Make Sense of Your Moods and Emotions for ...

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MOOD Words! Mood or tone words are words convey the author's attitude towards a topic. Following is a list of more than 120 words to describe mood in English. Check out our list of words to describe mood for ideas on how to set the mood of your writing.

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