

## Emotions: Can You Trust Them?: The Best-Selling Guide to Understanding and Managing Your Feelings of Anger, Guilt, Self-Awareness and Love

Dr. James Dobson

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### **Emotions: Can You Trust Them?: The Best-Selling Guide to** Understanding and Managing Your Feelings of Anger, Guilt, Self-Awareness and Love

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America's family advocate, Dr. James Dobson, often teaches about the "critical decade"-those between the ages of 16 and 26 who are making major life decisions. Adapted from his best-selling book, Life on the Edge, these seven pocket-sized booklets offer insight and advice for a generation searching for significance. Dobson addresses topics such as emotions and love, money, compatibility, God's will, and the ironies of life. These booklets provide invaluable, practical advice for teaching youth that the right decisions during this critical decade can be the grand beginning to a life that will never end.



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