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Emotionally Dumb An Overview Of Emotionally Dumb gives, as it describes, an overview of alexithymia but more than this it communicates the reality of unrecognised emotion and how the inability to experience emotional states leads to the development of the psychosomatic disorders.

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Emotionally Dumb: An Overview of Alexithymia

Overview Feeling emotionally numb, or a general lack of emotion, can be a symptom of several different medical conditions or a side effect of some medications. It can cause a sense of isolation or...

Feeling Numb: Causes and Treatment for Emotional Numbness

To make yourself emotionally numb under such circumstances, you'll need to work at controlling your surroundings, paying close attention to your emotions, calming yourself physically, and dealing with anxiety as it pops up. See When

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Should You Try This? to learn more about when numbing your emotions might be a good course of action. Part 1

How to Make Yourself Emotionally Numb (with Pictures ...

He suggests that the emotional intelligence can be learned with practice. Summary of "Emotional Intelligence" By Daniel Goleman, Part II. This part, "The Nature of Emotional Intelligence" comprises of six chapters. Chapter 3: When Smart is Dumb. Chapter 4: Know Thyself. Chapter 5: Passion's Slave. Chapter 6: The Master Aptitude

Summary of emotional intelligence by Daniel Goleman.

Emotional intelligence (or emotional quotient, "EQ") is the ability to recognize and effectively manage your emotions and the emotions of others.

5 Skills to Help You Develop Emotional Intelligence | Mark ...

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Alexithymia is an inability to identify and describe emotions. Those with alexithymia display the typical physical responses associated with emotions; tears, butterflies in the stomach or a racing heart, but they are unable to recognize these responses in terms of the emotions they might be signifying.

Smashwords - Emotionally Dumb: An Overview of Alexithymia ...

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Sadly Goleman points out that emotional imbalances are often transmitted from emotionally unstable families to their

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children. Parents who constantly burst out in anger and beat their children often bring their children to lose empathy and behave the same way.

Emotional Intelligence: Don't Buy Goleman's 80% BS | The ...

Access a free summary of 5 Skills to Help You Develop Emotional Intelligence, by Mark Manson and 20,000 other business, leadership and nonfiction books on getAbstract. ... Sometimes the most intelligent and accomplished people do things that are downright dumb - like the astronaut arrested while clumsily attempting to kidnap her boyfriend's ...

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