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Tuning-Up Your Emotions: A basic guide for understanding feelings and relationships

Mark Montgomery

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This book takes a fresh look at the well-worn topic of emotions and how they effect our lives and relationships. The message is simply stated but not patronizing, and based in theory and observations but not tediously boring. Both men and women will find the text realistic, fun, and understandable. And, it's quotes by George Carlin and references to John Muir's 1970's VW repair manual are a unique and interesting way to introduce what are sometimes seen as dull, sterile ideas. This is great primary reading for people wanting to look at their emotional lives in a more helpful, healthy manner.

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