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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.

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

Emotionally Dumb: An Overview of Alexithymia. by. Jason Thompson. 3.64 ·

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Rating details · 47 ratings · 9 reviews.
Alexithymia is an inability to identify and describe both one's own, and other people's emotions.

Emotionally Dumb: An Overview of Alexithymia by Jason Thompson

Emotionally Dumb: An Overview of Alexithymia Paperback – July 1, 2009. by Jason Thompson (Author) 3.5 out of 5 stars 4 ratings. See all formats and editions.

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Emotionally Dumb: An Overview of Alexithymia - Jason Thompson - Google Books. Alexithymia is an inability to identify and describe both one's own, and other people's emotions. Although individuals...

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

Emotionally Dumb describes the nature of alexithymia and includes therapeutic

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and self-help suggestions for overcoming some of the difficulties that alexithymia presents. The author discusses the possible causes and associated conditions, including Asperger Syndrome and posttraumatic stress disorder.

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

Emotions are stupid. Emotion and reason are not competing forces but complementary processes that interact and influence each other. Accumulated evidence shows that emotion is part of the mechanism...

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10 Common Myths About Emotions (and Why They're Wrong ...

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.

Emotions serve an important function, but what if you were unable to identify yours? For some people, the inability to realize when they're experiencing emotions is a reality. People with alexithymia (Greek for "without words for emotions") have trouble identifying internal emotional states and describing their emotions to others.

5 Ways Your Brain Influences Your

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Emotions | HowStuffWorks

"Emotionally stunted" guys are adult men who for some reason never matured emotionally A man needs to be secure with himself before he can be secure with someone else They range from Hero to ...

10 types of emotionally stunted men to avoid - CNN.com

10 Odd Emotions You May Have Experienced That desire to go back in time and talk to your younger self has a name. Posted Jun 27, 2015

10 Odd Emotions You May Have Experienced | Psychology Today

Emotionally Dumb describes the nature of alexithymia and includes therapeutic and self-help suggestions for overcoming some of the difficulties that alexithymia presents. The author discusses the possible causes and associated conditions, including Asperger Syndrome and posttraumatic stress disorder.

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Emotionally Dumb: An Overview of Alexithymia eBook by ...

Overview You probably know many of the more obvious signs of mental and emotional abuse. But when you're in the midst of it, it can be easy to miss the persistent undercurrent of abusive behavior....

64 Signs of Mental and Emotional Abuse: How to Identify It ...

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 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 ...

Emotionally Dumb provides a detailed overview of the condition and its effects.

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Alexithymia is an inability to identify and describe both one's own, and other people's emotions.

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

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