



# Emotalerting: The Art of Managing the Moment

*Carlyle Naylor*

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## **Emotalerting: The Art of Managing the Moment** Carlyle Naylor

All of us are caught off guard by what triggers our emotions - whether in our personal, social or professional life. Emotalerting helps us understand and then manage the emotion of our moment for a better present and a momentum gaining future. This book is a practical guide full of real stories about how to better manage the self in any situation.

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