



# Culturing Emotional Wisdom with the Emotology Q-deck and EQD Recreational Guide

*Dr Raymond A. Launier Ph.D.*

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Greek philosopher and physicist Archimedes reasoned that a lever big enough and properly placed against a fulcrum could move the earth itself. Education is the lever big enough to move the distressed passions and emotions of humanity to healthier ground. In this recreational guidebook, the use of a simple psychological tool, the EQD, is introduced. The EQD can serve as a fulcrum with the lever of education to move us in a direction of becoming more healthy, wealthy, happy and wise. The EQD and re-creational games provide a way to culture emotional balance and wisdom. But first, a brief tour through the House of Emotology is in order. [www.emotionsinc.org](http://www.emotionsinc.org) The EQD Re-Creational Games Card games to culture emotional health, wealth and wisdom ... Hard Knocks Pair-O-Dimes Reflections In-Sight Connections Synchronicity Brenda's Game Messenger Emotions Aloud Circulation Imagine Based on the Emotology Q-Deck: a Q-sort style psychometric instrument to assess emotional life and measure emotional stress balance.

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