



## Salmon Gymnastics

Strengthening and Relaxing Your Emotional Intelligence:  
The Art of Reinventing Yourself to Navigate Life's Ordeals

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A progressive method for better understanding our inner mechanisms and our self-defense systems, featuring many exercises.

We all have the most sophisticated dashboard ever invented by nature: our emotions. But you have to know how to decode them and sometimes, like a salmon, swim back to the source. This book will give you the keys you need to gain mental agility and learn to go from feelings to appropriate action.

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