



# **Emotional Maturity: Discover How to Control Your Emotions and Be More Mature (The Secrets of Emotional Maturity)**

*Charlotte Maloney*

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# Emotional Maturity: Discover How to Control Your Emotions and Be More Mature (The Secrets of Emotional Maturity)

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Emotional maturity is the fine art of reacting intelligently. When you react with emotional intelligence, you are confronting each situation with awareness and deciphering the best response while still remaining true to your character. To be emotionally mature, you must think critically about your own actions and maintain empathy for the perspective of other people. With increasing self-awareness and practice, anyone can learn to do this, thus improving interactions with others. As a result, you will become more confident and be able to choose assertive behavior rather than resorting to destructive passive or aggressive behavior. In this book, I'm going to show you how to adopt a process based on balancing or keeping the ego in check, accepting your circumstances, and reacting in an emotionally mature way. By learning to detach your emotions from your reactions, and by knowing how to self-reflect and make small shifts in your interactions, you will be empowered. What are you waiting for? Let's get started!

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