



Why Do I Feel This Way?: What Your Feelings Are Trying to Tell You (Paperback)

By Dina L Wilcox

Mill City Press, Inc., United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In Why Do I Feel This Way? What Your Feelings Are Trying To Tell You, Dina Wilcox tells the stories of her return from the loss of her husband in order to explain how the science of feelings, emotions and memories--with the help of that little voice she posits we all have in our heads--enabled her to re-create a life she could live with. In straightforward, plain language, each chapter contains a different piece of the story as the context for an unscientific experiment Wilcox conducted as she set about to understand what science could teach her about using her brain to help her move forward with her life. Her premise is that non-scientists like herself need to know how we can use our feelings and emotions, as well as such responses to life as fear, happiness, love, empathy, intuition and memories, which have evolved in our brains to help us live our lives deliberately and not as victims of our circumstances.



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