



## The Bridges of Chara: An Allegory of Your Brain s Emotional Landscape (Paperback)

By Denesia Christine Huttula

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Bridges of Chara: an allegory of your brain s emotional landscape is a story about a young woman who winds up on the island of Chara. Chara is the Greek name for Joy, and everything on Chara feels like joy. She soon discovers that there are other islands nearby that she must learn to travel to- islands like fear, anger, sadness, disgust, and hopeless despair. She quickly discovers that these are important, valuable places to visit, but they are not good places to call home! Journey with her and discover life on Chara, life stuck and stranded away from Chara, and finally how to build bridges back to Chara and make a home there! Includes 6 weekly small group discussions and a scientific breakdown in the back for those that want to know more. Back Cover Text: Do you long for a life that feels even and smooth? Do you get tired of the rollercoaster of emotions that you or your loved ones seem to be on? Do you have children that seem to struggle constantly with negative emotions? Do you wonder...



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