



Your Killer Emotions: The 7 Steps to Mastering the Toxic Emotions, Urges, and Impulses That Sabotage You

Ken Lindner

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Have you at one time or another let your feelings of hurt, anger, disappointment, rejection, rage, betrayal, insecurity, or hopelessness cloud your best judgment? Did you make disappointing, self-sabotaging life choices as a result? If the answer is “Yes, many times,” then this book is for you. Emotions can kill your ability to accomplish your plans, fulfill your dreams, and attain the life you so dearly desire. Think of *Your Killer Emotions* as your emotion-mastery kit, to be used in consistently making positive life choices; it will enable you to beneficially channel the supremely potent energy charges triggered by your potentially sabotaging emotions, impulses, and urges, thereby turning them into your *allies*. Ken Lindner, “The Life-Choice Coach,” has counseled thousands of individuals over the past thirty years to make great, life-enhancing decisions. In *Your Killer Emotions*, he will show you how to identify your *Personal Emotional Triggers (PETS)*, and empower you to nullify the energy charges from potentially sabotaging emotions. You will be able to think and reason clearly—destructive-emotion-free—so that you make life choices that reflect your most highly-valued life goals. *Your Killer Emotions* will change the way you make your life choices—and your life—in the most positive ways!

Your Killer Emotions: The 7 Steps to Mastering the Toxic Emotions, Urges, and Impulses That Sabotage You Details

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From Reader Review Your Killer Emotions: The 7 Steps to Mastering the Toxic Emotions, Urges, and Impulses That Sabotage You for online ebook

Rebecca Bryant says

Now I'm not a huge fan of self help books so when I got this book to read I went forth not thinking I would enjoy it however it turned out to be a good read and as with all self help books it was written to help motivate and inspire you to take a look at your life. The book is broken up into three parts to make it easy to follow plus it had these little take away sections at the end of each chapter so if you got lost or didn't get something there was always these take away section to help you. Overall I found the book to be very educational and informative.

Rose says

Initial reaction: Oh, I have some very heavy negative emotional energies surrounding me at this moment, and they are directed quite firmly at this book. Suffice to say I will not stoop to express my discontent with caps locks of rage, but I have some choice words about this book. While I could say there are some sound principles surrounding behavioral change in this book, there's too much slush to wade through to get to the better ideas, and it's very hard to follow. Plus there were just things about this narrative that I did not appreciate at all, even found quite offensive. Hopefully I can expound upon this in the full review.

Full review:

Where do I begin to describe what is wrong with this book? I haven't felt so frustrated with a non-fiction read in quite some time, let alone a purported self-help book. I'm not going to say that the idea behind certain principles in this book aren't sound, but this is one contradictory, mangled mess. It's not very focused with its respective arguments at all, it was hard to follow, and I would argue the advice given isn't very helpful at all, particularly with respect to the examples the author gives.

Ken Lindner proposes that emotions can get in the way of living one's life to its fullest and "sabotage" opportunities and ability to live life to one's potential. There are some sound examples to this at first, such as the gentleman who can't control his anger at work and keeps falling into the same pattern in repeated context - so much that he has to settle for less than his respective performance abilities and can't hold the job he wants. Lindner also starts the narrative out with some sound proposals, that the book is talking mostly about emotions and the physiology of them, and that by dealing with the triggers that elicit those emotions, you can change/manage them. I could see that argument as well, and agree with that.

But then when we get into the actual steps process and the measure of thinking in these steps, I started to have numerous problems with the approach/suggestions/backing arguments made. The book actually became more ridiculous as it went on, and I have to wonder - what exactly happened here? Why did the author give the examples this way, does he not understand that a good chunk of this is offensive and inaccurate?

I was actually fine on the explanation of the PETS expansion (Personal Emotional Triggers) and how that was comprised of two factors: Your Gold and Your Truth. Your Gold is supposed to comprise of one's

"mostly highly valued goals and dreams" while Your Truth is the "very personal vision of the life you most deeply want."

So then why, if this is somewhat of a positive reinforcement measure, is it followed by the author's personal example in an abstract negative fashion? For the record, people can't always help being critically sick or being in an accident or having to go to the hospital for one reason or another. There are life choices we can make to keep us healthy (eating right, exercising, etc.) But having a fear of hospitals as a PETS measure from the author's perspective didn't make sense to me. It's not a vision or a goal in a positive context. The positive context/life vision should be to stay healthy and assess ways of staying healthy, not "stay out of hospitals".

I can understand identifying fears in a given situation and identifying those fears that inspire one to change in a situation (which is what Lindner does later with some of his examples), but that seemed very different than the explanation given in the initial definition for PETS. So that put a warning to me on how this was going to be a rather contradictory read. Yet, I gave it a shot and decided to see what else the author had to say.

The more I read onward in "Your Killer Emotions" - the more I saw attempts to try to be meaningful, but instead coming across as a convoluted expansion on thinking or trying to control things that aren't necessarily in the control of the person in that situation. What was worse was the odd representation of Eastern/Western ideals and analogies that just didn't come together. Add the ever present CAPS LOCK that the AUTHOR employs to MAKE HIS POINT. (I'm only using that as an example of how annoying it can get in text, but it bears mentioning because it's peppered throughout the narrative in copious amounts where featured.)

Suffice to say, I wouldn't recommend this. There are better narratives on this subject with more thorough comparisons and even presentation than this.

Overall score: 1/5 stars

Note: I received this as an ARC from NetGalley, from the publisher Greenleaf Book Press.

Daralyn Hollenbeck says

Excellent tool set

GONZA says

Another way to handle scripts and triggers to control negative emotions. Interesting part the one about the energy and the framing and visualizing system to have a better idea of the situation. Positive psychology + Cognitive Therapy + a little bit of PNL. Interesting easy self help book.

Un altro modo di gestire i copioni e le situazioni che ci portano a reagire più che ad agire. Interessante la parte riguardo la rilocalizzazione dell'energia e del sistema di framing (incorniciare) e visualizzazione che ti permette di avere un'idea migliore della situazione.

Psicologia positiva+ terapia cognitiva + una spolverata di PNL. Libro di auto-aiuto facile ed interessante.

THANKS TO NETGALLEY AND GREENLEAF BOOK GROUP PRESS FOR THE PREVIEW

Hadjer Irl says

Amanda says

Used confusing analogies that were not useful

Simple says

Fatma El-Zahraa says

Wendy Hines says

I have to admit it. Sometimes I let my emotions mar my judgement and make decisions that I otherwise wouldn't have. I've used emotions to achieve what I wanted in an abstract way and then felt guilty afterwards. Really, it's a vicious cycle. As I've grown older, I've realized those things about me and have done my best to sit back and take stock of the situation or to count to ten to get off of the emotion roller coaster. There is always room for improvement.

Your Killer Emotions is a very useful tool to help master getting off of the emotion roller coaster and helping

you succeed in various aspects of your life. Well-thought out with easy to understand writing, Lindner's seven steps not only help your emotions, but also your impulses and urges. I'm still a work in progress, but I've definitely seen improvement, not only in my own mental well being, but also in my life and those in it. I'd definitely recommend this self-help book to anyone wanting to improve themselves and their lives - take control of your emotions!

Jean says

Um...the author has trade-marked a great amount of his own methods and techniques. I think this is a psychotherapy thing to do. Most of his methods are just rehashing of ideas that already exist. This reads like a book written by a person who talks non-stop. Some great ideas but way too loquacious.

Weibo Xiong says

Shareef Al-Mahrooqi says

Barbara Morgenroth says

The formatting on my Kindle Fire was not as elegant as it might have been so that might have caused my distraction with the book. Plain vanilla formatting may not be exciting but taking the safe way might better.