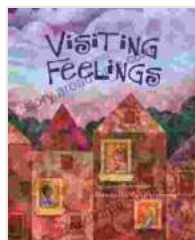


# Visiting Feelings: A Journey Through the Emotional Landscape

We all have feelings. They are an essential part of being human. But what are feelings, exactly? And why do we have them? In her new book, *Visiting Feelings*, Lauren Rubenstein explores the complex and often contradictory nature of human emotions.



**Visiting Feelings** by Lauren Rubenstein

★★★★☆ 4.6 out of 5

Language : English

File size : 39124 KB

Print length : 32 pages



Through personal anecdotes, scientific research, and philosophical insights, Rubenstein helps readers to understand and navigate their own emotional landscapes. She shows us that feelings are not simply good or bad, but rather complex and nuanced experiences that can teach us a lot about ourselves and the world around us.

*Visiting Feelings* is a must-read for anyone who wants to better understand their own emotions and live a more fulfilling life.

## What are feelings?

Feelings are subjective experiences that are often associated with specific thoughts, events, or memories. They can be positive or negative, intense or

mild, and temporary or long-lasting.

Some of the most common feelings include:

- Happiness
- Sadness
- Anger
- Fear
- Love
- Hate
- Guilt
- Shame

Feelings are not always easy to identify or understand. We may not even be aware of all the feelings that we are experiencing at any given moment.

### **Why do we have feelings?**

Feelings serve a number of important functions. They can:

- Help us to understand and respond to our environment
- Motivate us to take action
- Protect us from danger
- Build and maintain relationships
- Give us a sense of meaning and purpose

Feelings are an essential part of being human. They allow us to experience the full range of human emotions, from the highest highs to the lowest lows.

## **How can we navigate our emotional landscapes?**

There is no one right way to navigate our emotional landscapes. However, there are some general tips that can help us to better understand and manage our feelings:

- **Identify your feelings.** The first step to managing your feelings is to identify what you are feeling. This may not always be easy, but it is important to be honest with yourself about your emotions.
- **Allow yourself to feel your feelings.** Once you have identified your feelings, allow yourself to experience them fully. Do not try to suppress or deny your emotions.
- **Understand your feelings.** Once you have allowed yourself to experience your feelings, try to understand why you are feeling the way you do. What thoughts, events, or memories are triggering your emotions?
- **Take action.** Once you understand your feelings, you can take action to address them. This may involve talking to someone, journaling, or seeking professional help.

Navigating our emotional landscapes can be challenging, but it is important to remember that we are not alone. There are many resources available to help us to understand and manage our feelings.

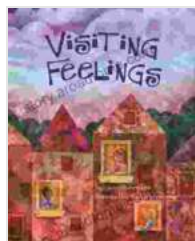
Visiting Feelings is a powerful and insightful book that can help us to better understand our own emotions and live more fulfilling lives. Through

personal anecdotes, scientific research, and philosophical insights, Rubenstein shows us that feelings are not simply good or bad, but rather complex and nuanced experiences that can teach us a lot about ourselves and the world around us.

If you are interested in learning more about your own emotions, I encourage you to read *Visiting Feelings*. It is a book that will stay with you long after you finish reading it.

## About the Author

**Lauren Rubenstein** is a writer, speaker, and workshop facilitator. She is the author of the books *Visitors* and *The Ridiculous and Unbearable Weight of Everything*. Her work has appeared in *The New York Times*, *The Washington Post*, *The Los Angeles Times*, and *The Rumpus*. She lives in New York City.



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