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by control of feeling is not meant restraint or suppression of your feeling but rather the disciplining of self to imagine and entertain only such feeling as contributes to your happiness control of your feeling is all important to a full and happy life never entertain an undesirable feeling nor think sympathetically about wrong in any

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the feelings of others in short he needs to be taught to think critically there is an unfortunate tendency among many to view feeling and thought as mutually exclusive to force a choice between them if we focus on one then in their view we must reject the other but this is mis taken feeling and thought are perfectly complementary

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the subconscious is not concerned with the truth or falsity of your feeling it always accepts as true that which you feel to be true feeling is the assent of the subconscious to the truth of that which is declared to be true because of this quality of the subconscious there is nothing impossible to man

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but perhaps it's only by paying attention to our feelings by trying to capture them as constable did the clouds that we can truly understand ourselves what it is an emotion deep inside each of our temporal lobes is a tear shaped structure called the amygdala

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