



# Trapped Emotions: How Are They Affecting Your Life?

*Oliver JR Cooper*

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# Trapped Emotions: How Are They Affecting Your Life?

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## Trapped Emotions: How Are They Affecting Your Life? Oliver JR Cooper

• Do you constantly feel tired, heavy or sluggish? • Is your behaviour reactive and out of your control? • When your relationships come to an end, do you end up feeling abandoned or even suicidal? • Do you find that no matter how hard you try to let go, it just doesn't work? • Has anxiety taken over your life? • Do you find that no matter how hard you try to be present, it just never works? If you answered yes to any of these questions, you could be carrying trapped emotions in your body. Trapped Emotions – How Are They Affecting Your Life? Looks into what can happen when someone has trapped emotions in their body. Emotions are often overlooked in today's world and this can lead to all kinds of problems. Having reactive or compulsive behaviour, dysfunctional relationships and experiencing physical pain can all be a sign that someone has trapped emotions in their body. This book covers over fifty different ways in which trapped emotions can negatively affect someone's life: from behaviour to relationships, to depression and anxiety and many other areas.



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