



# Emotional Maturity: In Everyday Life

*By Kosjenka Muk*

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## **Emotional Maturity: In Everyday Life** By Kosjenka Muk

Compared to instant, "Change-Your-Life-In-7-Days" fast food, this book is a seven course meal: rich, flavorful and thought-provoking (don't consume it all at once!). It doesn't give you neat tricks that fall apart when faced with reality. It teaches you skills to recognize and deal with complex emotions in everyday situations. It helps you recognize and change chronic emotional patterns and self-sabotage. Some readers have described it as an "operating manual that should come with life" which they keep referring to, especially in times of stress and confusion. A much needed book!

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## **Emotional Maturity: In Everyday Life** By Kosjenka Muk Bibliography

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## **Editorial Review**

### **About the Author**

Kosjenka Muk is a special education teacher and Soulwork Systemic Coaching trainer from Croatia. She spent 5 years working in schools on preventing problematic behavior in children, as well as taking many workshops on self-improvement, family relationships and communication. From year 2000 to 2003 she studied Soulwork Systemic Coaching, which she since uses in private coaching practice. She now works in Centar Angel, Zagreb, Croatia, where she coaches individuals and couples, as well as teaching her workshops on topic of self-esteem, happy partnership, verbal self-defense and others. Kosjenka teaches internationally in English language, as a trainer of Soulwork Systemic Coaching method. Her teaching experience, besides Croatia, includes Great Britain, Slovakia, Austria, Slovenia, Canada and Mexico.

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