

Feelings and Me with Julie Dini - A Journey of Self-Discovery



♥♥ This book should be on every baby shower registry and on the bookshelves of anyone who cares for toddlers through kindergarten aged children. ♥♥

MELANIE D

Goodreads

Have you ever wondered how feelings impact our lives? In this extraordinary journey of self-discovery, we delve into the world of emotions with the inspirational Julie Dini. You'll be captivated by her empowering story and learn valuable insights about embracing your feelings.

Breaking Free from Emotional Suppression

For years, Julie Dini lived a life burdened with emotional suppression, hiding her true feelings behind a facade of happiness. She never allowed herself to fully experience the depth and breadth of emotions that make us human. But one fateful day, Julie made a life-altering decision - she chose to confront her suppressed emotions head-on.



Feelings and Me by Julie Dini([Print Replica] Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 29170 KB

Print length : 161 pages

Screen Reader : Supported



Julie's journey of self-discovery began with therapy sessions aimed at exploring her past traumas, fears, and insecurities. Through these sessions, she realized that by suppressing her feelings, she was suppressing her own identity and potential for growth. This realization served as a catalyst, propelling her into a newfound freedom.

The Power of Vulnerability

As Julie learned to embrace vulnerability, she unlocked a door to a treasure trove of self-awareness and personal growth. She discovered that by allowing herself to feel deeply, she became more compassionate towards herself and others. It was during this transformative period that Julie developed her mantra, "Feelings are not a sign of weakness; they are a mark of authenticity."

Julie's journey drew her towards various resources for emotional well-being such as mindfulness practices, meditation, and journaling. These tools helped her navigate her emotions with acceptance and grace, and enabled her to empower others on their own emotional journeys.

Sharing Her Experience with the World

Recognizing the impact her personal journey could have on others, Julie Dini began sharing her experiences through podcasts, workshops, and an inspiring

blog called "Feelings and Me". Her captivating storytelling and vulnerability deeply resonate with individuals seeking their own path towards emotional liberation.

In her blog, Julie frequently touches upon various themes such as self-compassion, forgiveness, practicing gratitude, and the importance of setting emotional boundaries. Her writing tackles a wide array of feelings, from joy and love to anger and sadness, leaving her readers feeling understood, validated, and inspired.

Embracing Feelings - A Universal Message

Julie Dini's incredible journey reminds us all of the power and importance of embracing our feelings. Our emotions are signals telling us what is truly resonating within us, guiding us towards personal growth and self-discovery. By celebrating the entire spectrum of emotions, we honor our own unique human experience.

So, let Julie Dini be your guiding light on this journey of self-acceptance. Visit her blog, "Feelings and Me," to immerse yourself in a world where authenticity and feelings reign supreme. Allow her story to ignite the flame within you, setting you on a path towards unlocking your true emotional potential.

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Julie Dini's story is a powerful testament to the transformative power of embracing our feelings. Through her personal journey, she reminds us all that vulnerability is a strength and that our emotions serve as gateways to greater self-discovery.

So, take a step today towards acknowledging and honoring your own emotions. Join Julie Dini in her pursuit of emotional liberation, as she continues to inspire countless individuals around the world.



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Shortlisted for Speech Pathology Australia Book of the Year Awards 2021- Birth -3 Years

Winner POWOL Best Picture Book for Preschoolers 2020 - Non fiction

Feelings and Me introduces children to emotions in this fun and engaging picture book. Toddlers and preschoolers discover how emotions look and feel. A shy mouse, a silly giraffe and a calm piglet are just some of the expressive and appealing animals featured in this delightful feelings book. A wonderful way to talk and learn about feelings. Written by Educational Psychologist Julie Dini creator of the Dealing in Feelings emotions cards. A Parent tips section for talking about feelings is included. An entertaining emotions picture book for preschoolers and toddlers. Perfect for bedtime reading.



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