

Download Feeling Our Feelings What Philosophers Think And People Know

How to Use “The Feeling Wheel” In my book I’m a Type A—How the Heck Will I Ever Retire? I stress the importance of Type As being aware of their feelings and emotions as a way to better being able to relax. Testimony & Spiritual Witnesses. To a Latter-day Saint, a testimony is a personal witness of a gospel truth. This witness is received through the third member of the Godhead called the Holy Ghost, Holy Spirit or Spirit. Emotional Awareness and Happiness. I believe emotional awareness is a key to leading a happier and more fulfilling life. To really "know oneself," as the Greek philosophers urged us to do, requires that we know how we feel in all of life's many situations. Immanuel Kant (1724–1804) is the central figure in modern philosophy. He synthesized early modern rationalism and empiricism, set the terms for much of nineteenth and twentieth century philosophy, and continues to exercise a significant influence today in metaphysics, epistemology, ethics, political philosophy, aesthetics, and other fields.