

"You're Not Triggered, You're Dysregulated" Provides a Roadmap to Emotional Regulation and Nervous System Management

Quickly understand emotions and how to manage the nervous system.

ORO VALLEY, ARIZONA, UNITED STATES, November 3, 2023 /EINPresswire.com/ -- A small book with a big impact, "You're Not Triggered, You're Dysregulated" by author Maria Colomy is helping



This new book is like having the cheat codes for emotions and the nervous system."

Maria Colomy

people understand and cope with their emotions. This new book is like having the cheat codes for emotions and the nervous system.

For many people, emotions can feel like they are in control. People may feel like they are on an emotional roller coaster, with their moods going from one extreme to the other. They may feel like they are "triggered" by everything

and everyone around them.

But what if people could understand their emotions better? What if we could learn to control them, instead of them controlling us?

"You're Not Triggered, You're Dysregulated" is a book that can help do just that.

The book starts with a simple, but powerful, premise: people are not "triggered" by their emotions, rather the nervous system becomes dysregulated, and this is a normal process, and so is managing it. In short, this little book will help readers understand the language of the nervous system, and know how to respond.

With this understanding, people can start to take back control of their emotions, and they can learn to regulate them.

"You're Not Triggered, You're Dysregulated" is a short book, but it packs a big punch. It is full of useful information and practical tips that can help readers understand and cope with their emotions.

This quick read can help people understand the nervous system and how it regulates emotions,

"You're Not Triggered, You're Dysregulated" is a great choice.

Readers can [find the book on Amazon](#), iTunes, and at other online retailers. The book may also be ordered through local bookstores.

MARIA COLOMY

Maria Colomy

+1 931-206-9026

[email us here](#)

Visit us on social media:

[Instagram](#)

[YouTube](#)

[TikTok](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/663867074>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.