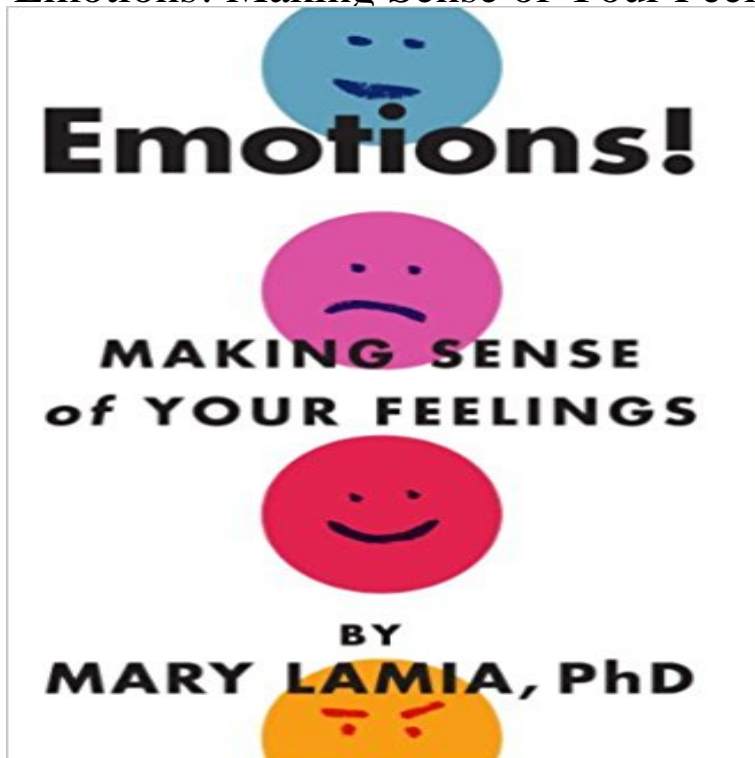


## Emotions! Making Sense of Your Feelings



What is the point of guilt? Or anxiety? Or hope? Just what are these emotions trying to tell you? Everything! Emotions are a powerful and extraordinary part of being human. Your emotions serve as an instant cueing system to inform you about situations and motivate you to take actions. Anxiety can sharpen your focus and direct your attentions. Pride can lead you to take on something new and challenging. Guilt can motivate you to correct situations that interfere with your relationships. All of your emotions are valuable they inform you, affect the decisions you make, and can motivate you to reach your goals. Emotions! Making Sense of Your Feelings will help you gain powerful insight into a significant part of who you are. While your emotional life may feel tumultuous, your emotions are priceless. Its time to figure out just what your emotions are telling you!

Home Home Search Mortgage Information Buyer Information Sellers information Contact Me Green Blog Events Calendar Use our Mapping Search to find listings in a certain area. Then get step by step directions. We want the buying process to be stress free and simple. Try our easy to use Search! Use our My Home Hunter feature to be notified when your dream home hits the market. Barrie's Green Realtor Karen Fox has been selling real estate for over 23 years in the Barrie area. She has an interest in the environment and passionate about the community and how we are living on this planet. Sitting on the board of "Living Green" and the steering committee of "Transition Barrie", she is well advised about the concerns and problems facing residents. "I believe that I can bring a lot to the table in terms of our experience in the Barrie and surrounding area Real Estate market, our knowledge of the Community and our study of the Environment." An award winning Realtor and "Hall of Fame" award of excellence. "I will only take on the new business that I can handle" "I am not interested in stock piling listings with the hopes that, by the law of averages, some will sell." Karen is hard working, dedicated and determined to provide the best possible service to her clients and customers. Why use a "Green Realtor"? There are already signs that in the near future energy costs will continue to rise. When shopping for a new home, it is imperative that buyers compare homes based on the normal criteria of location, size and functionality along with the homes potential for energy efficiency by concentrating on insulation, type of windows, furnace, roof, age of the structure, type of wiring, type of plumbing, lot grading and the potential to grow your own food should you desire. We can make this process easier for you with our knowledge of the area builders over a long period of time and our training on efficiency and energy efficient products. We can point out periods of rapid growth when homes in our city were not well constructed and were rendered very poor on the scale of energy efficiency. We can point out builders that meet LEED standards or Green standards and have built to the highest levels of efficiency. Quick Search Search Featured Property RE/MAX Chay Realty Inc. Brokerage RESIDENTIAL\$399,000 RE/MAX Chay Realty Inc. Brokerage COMMERCIAL\$3,700,000 Trademarks owned or controlled by The Canadian Real Estate Association. Used under license. Trademarks owned or controlled by The Canadian Real Estate Association. Used under license. The information provided herein must only be used by consumers that have a bona fide interest in the purchase, sale or lease of real estate and may not be used for any

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explores the feelings, emotions and reactions you may experience when supporting a partner, relative or friend  
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