

Master Your Emotional State with Powerful Skills That Create Lasting Change



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Emotional
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Dear Producer.

In today's world, emotions are out of control. Groups and nations are attacking and waging war, anger is erupting in shootings and violence. In November of 2010, *The New York Times* reported, "The United States is already the most litigious society in the world." Research shows emotions are part of almost every human illness, especially autoimmune problems. Family violence, parent-child problems, divorce, and family feuds all result from unresolved emotional issues.

The problem is that all humans have emotions, yet no one has a clear and agreed-upon explanation that answers our questions about why we have emotions, whether they have a purpose, how we can work with them for lasting emotional resolution, or what to do with emotions once particular emotion-involved experiences are over.

But now we do have answers to these questions! Ilene Dillon's book, *Emotions in Motion: Mastering Life's Built-in Navigation System*, addresses all these questions, as well as giving information and examples about how to work with the emotions that arise in us. Blending ancient, spiritual principle with field-tested techniques for addressing emotions and emotionally-based problems, Ilene shares 1) the cause/origin, 2) the message, 3) the lesson (how to find it) and 4) the lesson (how to release it) for 12 different emotions and emotional states. Her book is filled with illustrations and stories of people moving through difficulties using this approach.

Ilene Dillon, MSW, LCSW, LMFT, shows people how to awaken their Inner, Personalized, Birth-to-Death Mentor called Emotions, allowing them to use emotions as navigational guides for making excellent choices in all areas of life. A privately-practicing psychotherapist and marriage and family counselor in California for 47 years, Ilene has helped thousands of people and hundreds of families. A Professional Speaker, she has taught Continuing Education for California Probation Officers and Nurses, and has spoken nationally and internationally on emotional mastery, parenting consciously, ending co-dependence, securing lasting self-esteem, and turning anger into enthusiasm.

Author of over 20 books, workbooks and media sets, Ilene hosted *Full Power Living* (2004-2017), a podcast focused on “awakening the world to the power and importance of human emotion.” Ilene is also a “Recovered Angry Person,” a quest that started her on the road to being named “The Emotional Pro.” A married, single, step, and adoptive mother of 6 and grandmother of 5, Ilene’s husband, neurosurgeon Dr. Robert Fink, died in 2016. Since, Ilene has been touring the US and Canada in her 24 foot RV, speaking, teaching and appearing on media along the way.

Ilene is available for radio, TV, FB Live and personal appearances. Contact her at <https://www.emotionalmasteryforlife.com> to schedule her for your event.

Sincerely,

Kathy Pujat
Assistant to Ilene Dillon