



Moods and Emotions: One Hundred Quotes and Thoughts with One Hundred Paintings of Lord Ganesha

By R.N. Kogata & Lalita Kogata

D.K. Printworld (P) Ltd., New Delhi, India, 2013. Hardcover.

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This book of 100 quotes on Moods and Emotions empowers one to mitigate the bad effects of one's behaviour and inculcate in him/her the healthy emotional pursuits. Each quote is in tandem with a stimulating painting of Lord Ganesha, the Lord of Peace, Prosperity and Wisdom. Many wise men and women have worked on these wonderful concepts of behaviour and blessed the world with a number of thought-provoking and enlightening quotes for one to lead a cheerful and healthy life. The authors too join these great personalities with their own creations. Mood is basically a psychological condition indicating one's positive or negative state of mind. Emotion, per se, is a complex psycho-physiological experience of an individual's state of mind and has its direct link with mood, temperament, personality, disposition and motivation. Emotions act as an effective component to motivation, which direct and energize one's behaviour. These quotes help the readers to manage their moods and emotions with a positive attitude. Printed Pages: 108. Size: 16 x 24 Cm.

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