



Would you be interested in writing for EA? We have begun work on a new daily reader book, focusing one day per month on the subjects below. Some of the topics have recommended opposite emotions to consider, but all submissions are welcome. (i.e. you may choose to submit writing on *Patience and Haste*, or just one or the other.) We are encouraging EA members throughout the world to submit their reflections for the new book. Writers will be acknowledged by name (first, last initial) and country of origin. The format for each page will be three sections: Reflection, Meditation, and Suggested Action. Please note the word limit for each section to avoid excessive editing. We have not yet named the book; suggestions are welcome. All final decisions on material will be made by the Board of Trustees. Please include all the information on the following page and send as a Word document to director@emotionsanonymous.org.

Anger/Finding Calm Within
Anxiety-Panic-Fears-Phobias
Depression
Grief-Sadness-Loss/Healing
Hypersensitivity/De-sensitivity
Indecisiveness/Good Decisions
Loneliness/Solitude
Love/Hatred
Patience/Haste
Forgiveness/Resentment
Serenity
Shame/Guilt
Integrity-Respect
Control/Perfectionism
Listening
Procrastination/Taking Action

Self-esteem
Service/Generosity
Acceptance/Stubbornness
Courage/Assertiveness
Honesty/Gossip
Hope
Arrogance/Pride-Humility
Jealousy-Envy/Contentment
Selfishness-Self-Centeredness/Self-Care
Shyness-Isolation
Trust
Co-dependence/Healthy Boundaries
Compulsive Behaviors
Meditation/Prayer/Spirituality
Suicide



To submit material for consideration for publication, please provide the following information to director@emotionsanonymous.org.

Your name as you would like to be recognized with your material (recommended: First name, Last initial):

___ I prefer that my submission be recognized only as "*Anonymous*."

Your country of origin:

Your email address (contact from EAI for questions only):

Subject (from list on page one):

Meditation (no more than 100 words):

Reflection (no more than 25 words):

Suggested Action (no more than 20 words):

Suggested book title:

I allow Emotions Anonymous International to use this writing for publication as directed by the Board of Trustees and hereby acknowledge that EAI is the owner of all copyright interests, throughout the world.

Signature

Date