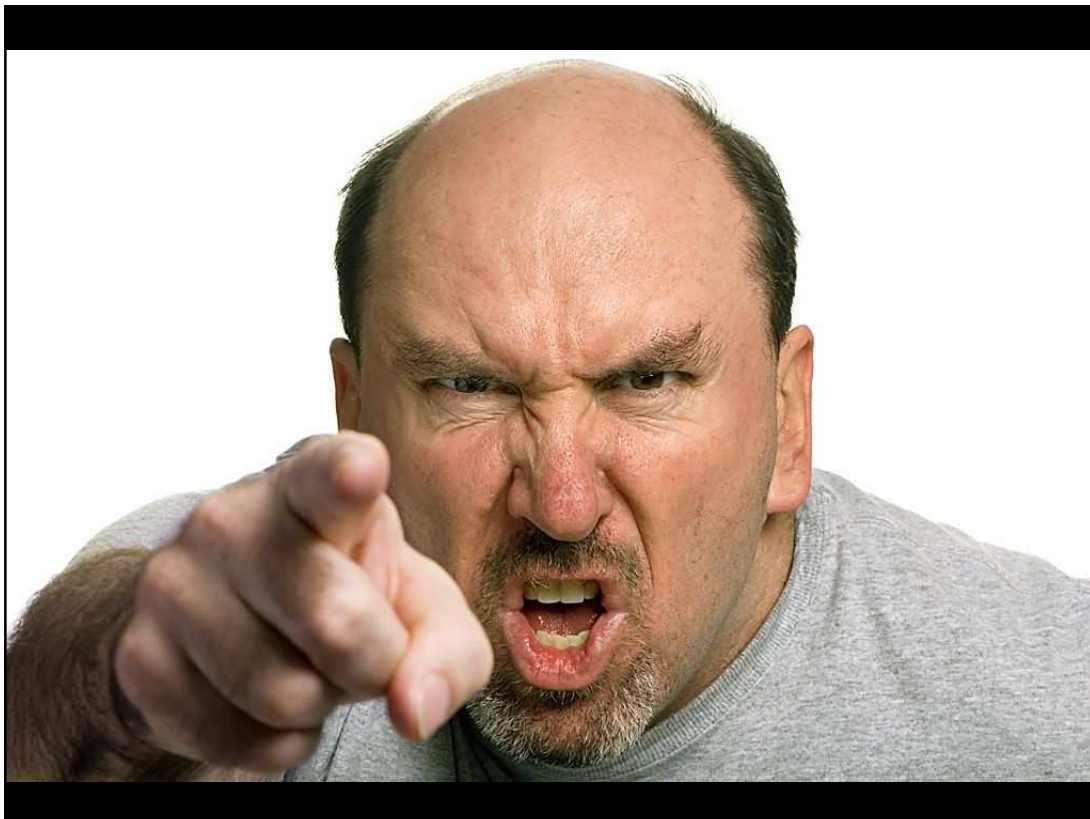


„Anyone can become angry - that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way - this is not easy.“

– Aristotle, *The Nicomachean Ethics*

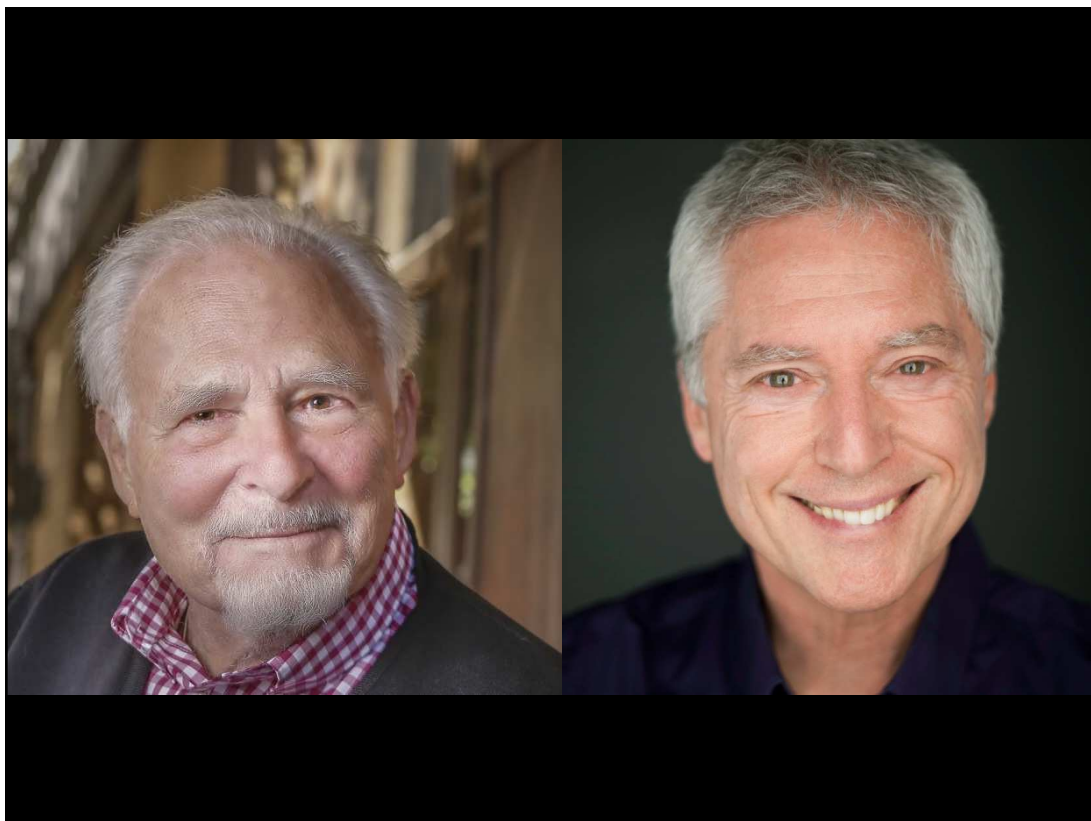
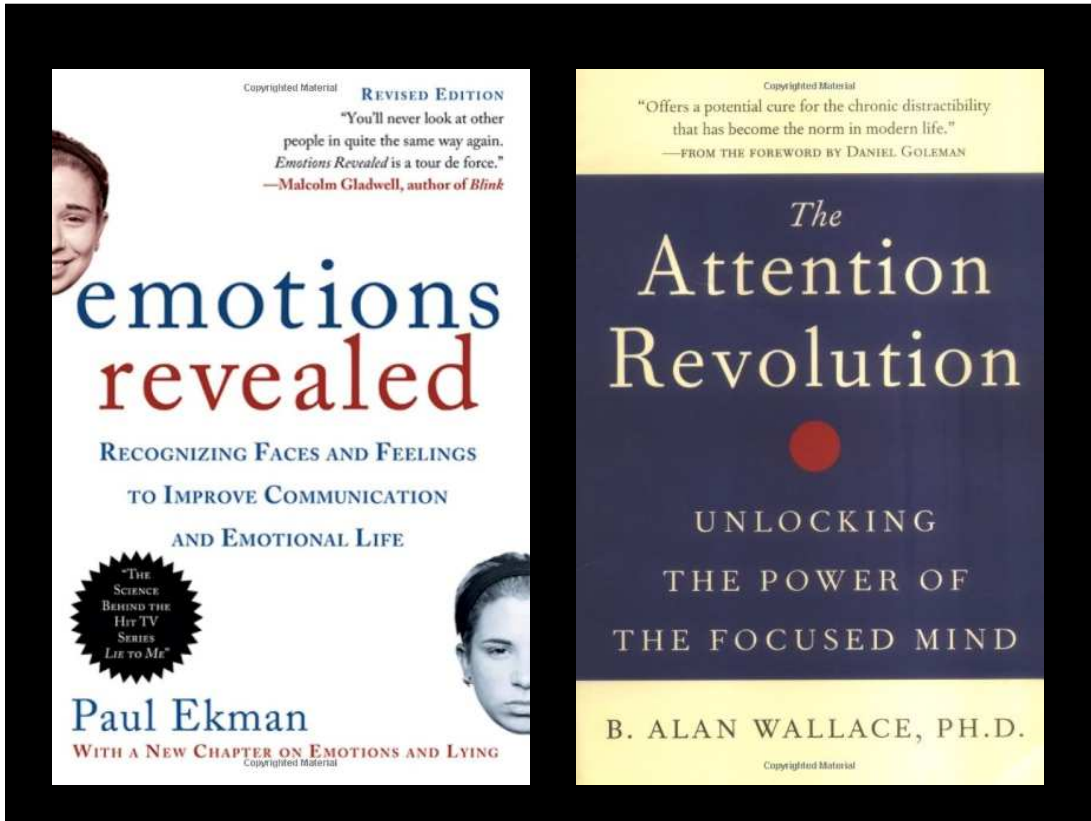


Cultivating Emotional Balance

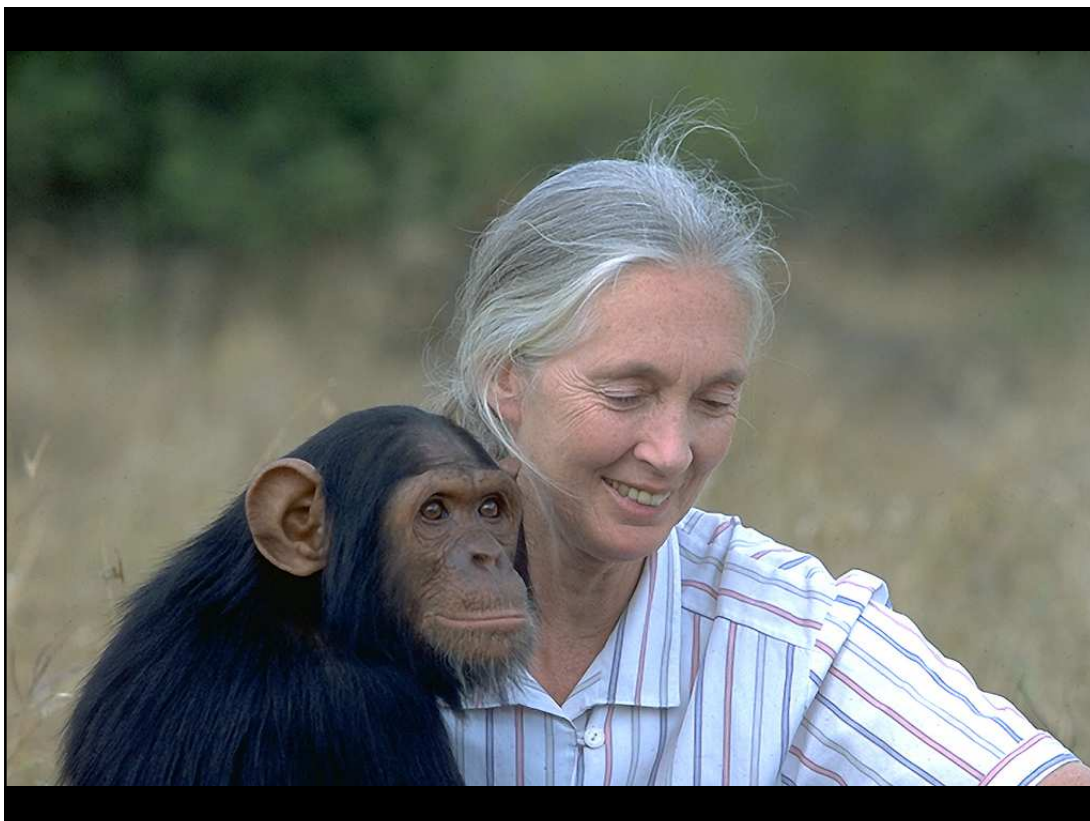
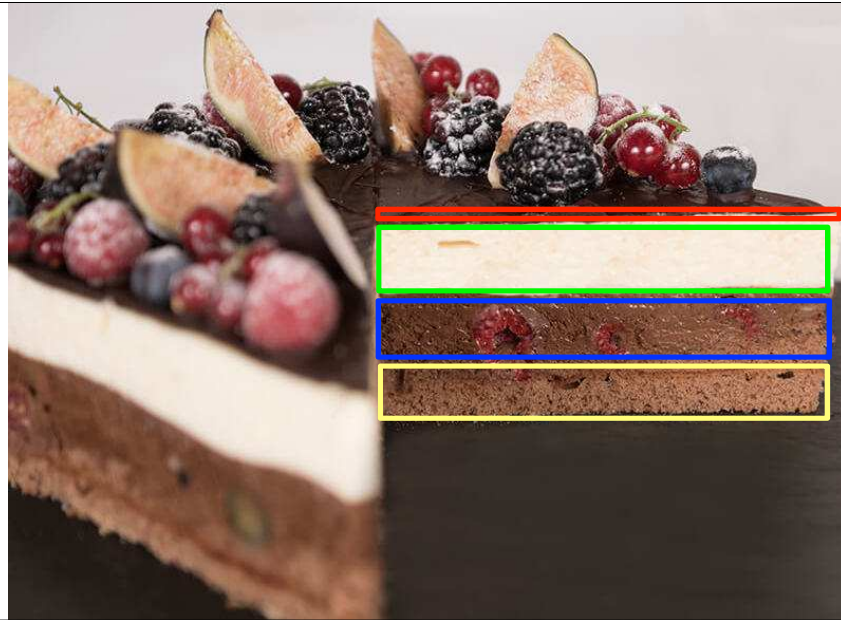


What is CEB?

- Evidence-based 42h secular emotion regulation and mind training program
- Key features:
 - Cultivating of meaningful ideals and aspirations
 - Building of attentional skills and mindfulness
 - Development of emotional skills
- For the general public not clinical population.
- Aims towards genuine well-being & fulfillment



Cultivation of an emotionalen Balance





Sustainability of the Attentional Balance



Emotional Balance

Cognitive Balance

Attentional
Balance

Conative Balance

