“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
<table>
<thead>
<tr>
<th>Sustainability of the Attentional Balance</th>
</tr>
</thead>
</table>

- Emotional Balance
- Cognitive Balance
- Attentional Balance
- Conative Balance