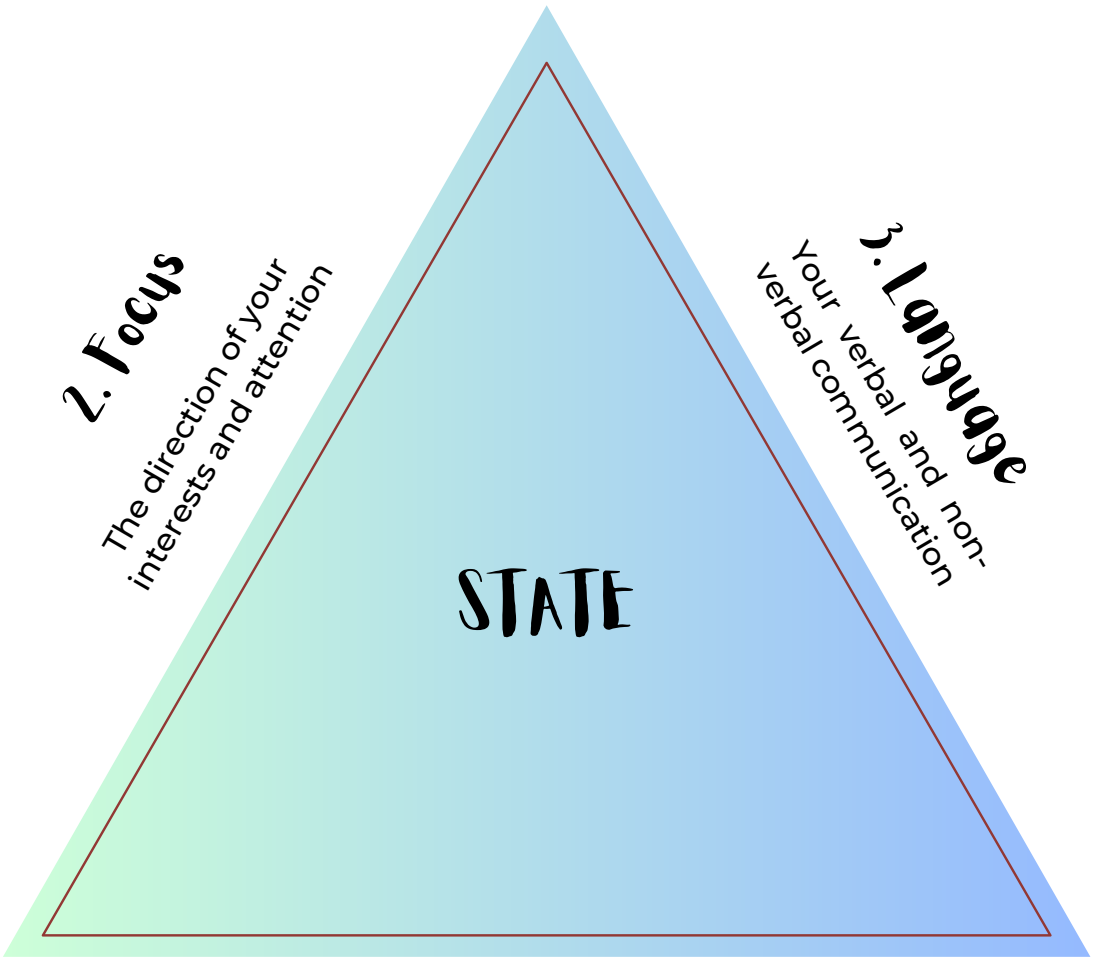
The Emotional Triad



1. Physiology

Your physiological function,
how your body is working

In order to master your emotions, and get into Tony Robbins' peak state, you need to master the three forces that control your emotions - the emotional triad - your physiology, your language and your focus.

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