

The Power of Mindfulness: Control Your Mind - Control Your Life



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Reviews

This is basically the very best book we have go through until now. I have got read and i also am confident that i am going to gonna study once again again in the future. I am just very happy to inform you that this is basically the very best ebook we have read inside my own life and might be he very best publication for at any time.
(Angus Hickle)

THE POWER OF MINDFULNESS: CONTROL YOUR MIND - CONROL YOUR LIFE



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 56 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. If there is one ability you could learn that would make every single aspect of your life better, what would it be? Undoubtedly, it would be the ability to control your emotions and the way you think. This might sound like a surprising claim, but the ability to control your emotions and the way you respond to a situation is not only the secret to happiness, but the secret to being able to get whatever you want from life. Why? Because it's our interpretation of events more than the events themselves that dictate our happiness, mood, and performance. Not only that, but our emotions, and the neurotransmitters that control them, are what alter our ability to focus, to remember information, and to be creative. Here's what you'll discover inside. . . - Exactly what mindfulness is and how to start using it in daily life. . . - The simple mindfulness exercises you can start using today to begin getting more control over your mind than you've ever had before. . . - An overview of CBT, or cognitive behavior therapy, and why it's incredibly powerful. . . - How to use CBT in real-world situations to overcome fear and anxiety in your daily life. . . - How to use mindfulness to improve your success with the opposite sex and dating. . . - What causes stress in your life and how to overcome it by changing your thoughts. . . - Why the age-old fight or flight response can actually be hurting you more than helping you in today's modern life. . . - You may have hidden powers and not even realize it. Discover how...



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