

Positive Minds Create Positive Lives (Paperback)

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Reviews

Extensive guideline! Its this kind of good go through. Yes, it really is play, continue to an interesting and amazing literature. I am just pleased to inform you that this is basically the greatest book we have go through inside my own life and could be he greatest pdf for possibly.

(Madison Armstrong)

POSITIVE MINDS CREATE POSITIVE LIVES (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Positive Minds Create Positive Lives can show you the route to health and happiness. The specific techniques and activities described in the book will allow you to retrain your mind in order to create a sense of positivity and gratitude. This will boost your self-confidence and help you dissociate yourself from negative thoughts and people. Negativity can distract you from your goals, and without it, you can be more present and proactive. The key is to take a holistic approach, training the mind along with the body. Author Penney Megginson, a certified health and life coach, developed the Positive Mindset Training method while working with clients across the globe. Her approach uses scientifically proven neuro-linguistic programming techniques, meditation exercises, and guided visualization to bring about positive change. Though the modern world bombards us with unending obligations and distractions, setting aside daily time to spend on yourself can have a tremendous effect. The comprehensive program described in the book offers a new way to build a healthy lifestyle and is accompanied by an online course to supplement learning. On this journey of life, we re all constantly progressing. Make sure your path forward leads you toward success and happiness.

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