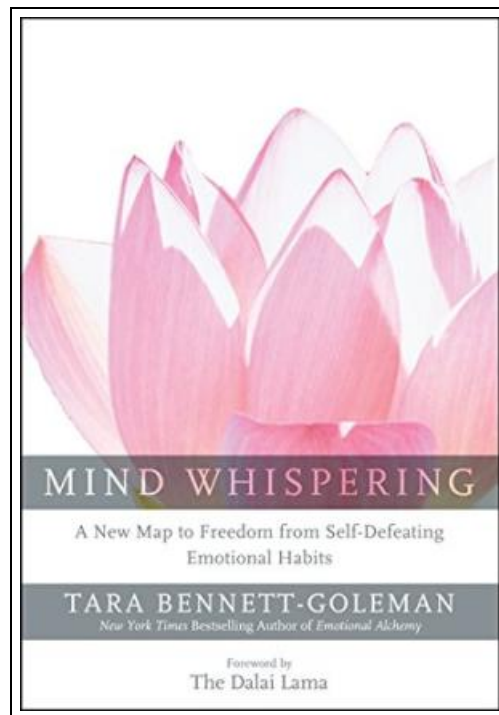


Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits



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Reviews

This publication may be worth purchasing. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Cassandra Von)

MIND WHISPERING: A NEW MAP TO FREEDOM FROM SELF-DEFEATING EMOTIONAL HABITS



HarperOne. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.0in. x 0.9in. x 0.8in. With her book *Mind Whispering*, Tara Bennett-Goleman, the New York Times bestselling author of *Emotional Alchemy*, draws on the the fields of cognitive psychology, neuroscience, and Eastern traditions to present a workable means to overcome the negative patterns in our lives. *Mind Whispering* is a new map of the emotional mind. This groundbreaking approach shows us that we have a choice of our moods, emotions, actions, and reactions. *Mind Whispering* teaches how to manage our brains, and incorporate the timeless wisdom of mindfulness into everyday situations. Ultimately, *Mind Whispering* exposes the modes of being that act as obstacles in our lives and relationships, and shows us how we can choose to improve our relationships and free ourselves, living with a lasting sense of happiness. With a foreword by the Dalai Lama, Bennett-Golemans *Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits* gives you the keys to lasting emotional freedom. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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