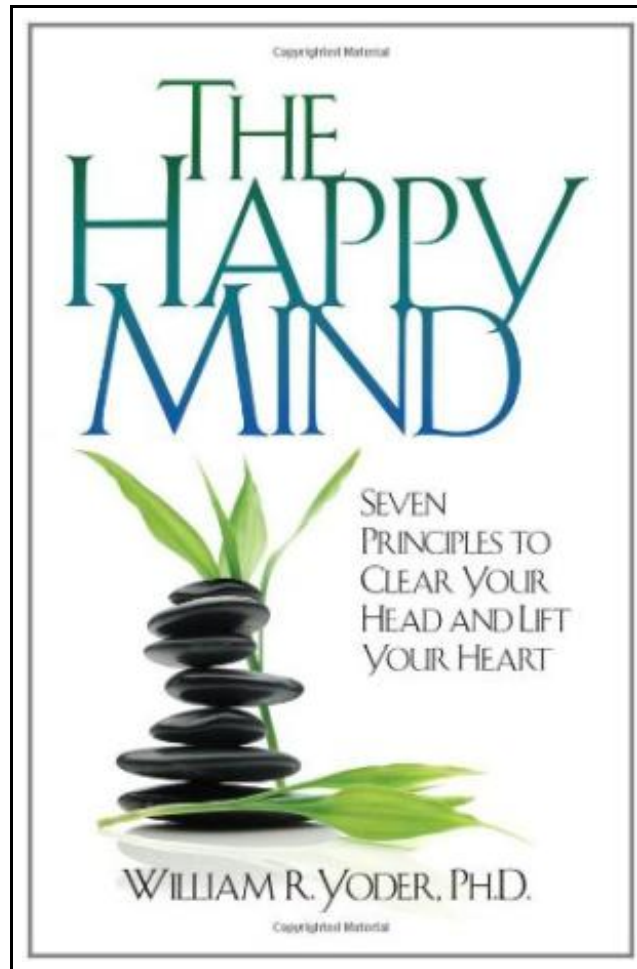


The Happy Mind: Seven Principles to Clear Your Head and Lift Your Heart



Filesize: 2.63 MB

Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating throug reading time. Your life span will be enhance when you complete looking at this publication.

(Laurence Littell)

THE HAPPY MIND: SEVEN PRINCIPLES TO CLEAR YOUR HEAD AND LIFT YOUR HEART



Alight Publications. Paperback. Book Condition: New. Paperback. 216 pages. Dimensions: 8.4in. x 5.5in. x 0.6in. Most books on happiness emphasize what you have to do or get in order to be happy. But happiness is a state of mind inside, and not a state of affairs in the world. Your happiness is a reflection of your mind's ability to experience happiness. Your mind's ability to experience happiness is determined by your thoughts and beliefs. If your core beliefs are incompatible with the experience of perfect happiness, then all the stuff and all the techniques in the world will not bring you what you want. The Happy Mind offers an alternative way of thinking based on seven simple principles. This new way of thinking enables you to undo the limits and distortions of your current way of thinking, and thus allows your mind to experience deep and lasting happiness. Your happy state of mind is the single most effective tool for discovering your true desires, and realizing and manifesting them. And your own happy and peaceful state of mind is also the most healing gift you can offer to another. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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