

The Seven Habits - Book One - Life Is What You Make It: Your Mind Matters (The Seven Habits for Feeling Good 1)



Benefits of the Series The Seven Habits For Feeling Good Series: Contains easy-to-grasp teachings and exercises, which have immediate positive results on the wellbeing of the reader. Promotes simple shifts in thinking that can be easily implemented into real-life situations. Offers a way out of suffering and demonstrates how to keep a peaceful mind, so that even the bad times are good! Explains the cause of all human problems and how to overcome them. Explains how to strip away the layers of unhelpful beliefs that weve accumulated over the years, so that we can experience mental freedom and self-expression. Gives straight-forward techniques on how to enhance communication skills and achieve goals, whilst keeping a peaceful mind. Enables the reader to create harmonious relationships which is something that everyone wants. In BOOK ONE - LIFE IS WHAT YOU MAKE IT - Youll learn: How your mind creates your experience of the world. How to overcome your problems by gaining mastery of your mind. How to focus on only thoughts that serve you. How to harness your own inner dialogue instead of being a slave to it. People who practice the teachings in the series often report: An understanding that their mind is the cause of all their suffering, and how to keep it peaceful. An insight into the workings of the mind, which empowers the individual to control their life experiences, rather than being at the mercy of what life throws at them. A permanent increase in satisfaction, peace of mind, and confidence. An improvement in the quality of relationships and communication skills. An understanding of where their concept of self comes from, and how to cultivate the helpful personality traits, whilst abandoning the unhelpful ones.

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are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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