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Mindfulness and The Art of Choice: Transform Your Life, 2nd Edition (Paperback)

By Karen H. Sherman

Loving Healing Press, United States, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have the Life You Want? Each person is entitled to have the good life. Most don't experience this because of getting caught up in reacting, continually recycling old patterns that keep you stuck and emotionally frozen. By practicing the simple tools in Mindfulness and the Art of Choice, you'll learn how to live mindfully and create the great life you want. The Art of Choice Will Make a Difference Understand why you have not been able to achieve the life you desire Become aware of the signals that indicate you are responding in an old knee-jerk reactive patterns Notice and turn off old negative thought patterns Learn ways to heal old leftover emotional wounds Deal with specific everyday issues that get in the way of a satisfying, joyous life What the Experts Say About Dr. Sherman's book: If you're carrying any hurt from your past, Dr. Sherman's book will give you the power you need to banish that hurt forever. --Robert Epstein, Ph.D., Host of Psyched! on Sirius Radio;...



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