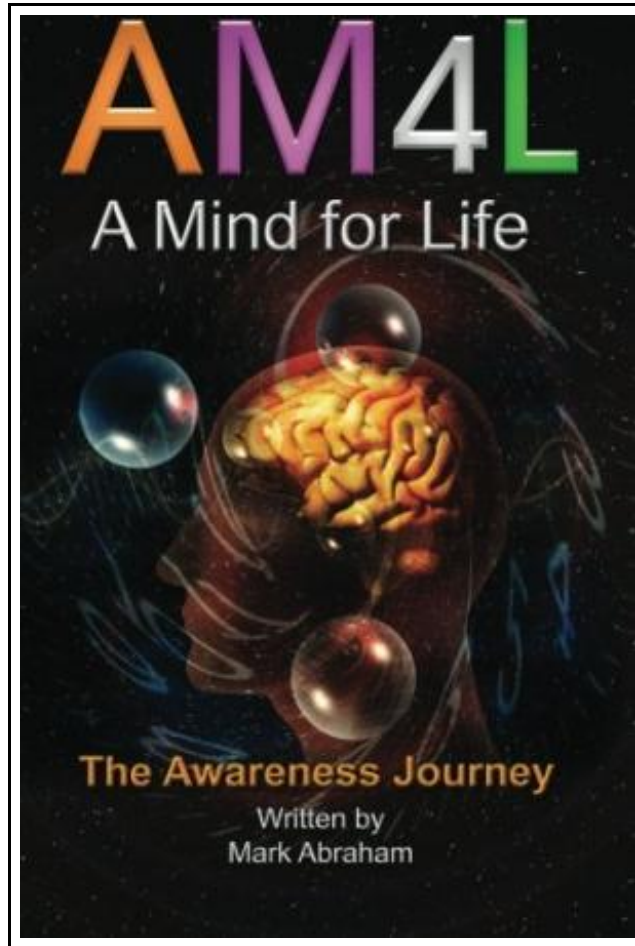


A Mind for Life: The Awareness Journey



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Reviews

It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.

(Dr. Kayden Gerlach)

A MIND FOR LIFE: THE AWARENESS JOURNEY



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A Mind for Life, LLC. Paperback. Book Condition: New. Paperback. 366 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. The single most impacting factor in our lives is our state of mind and the resulting emotions these states create. Everything we do, the frame of mind we are in, and the subsequent thought processing these states create, govern our overall life experience. Even when we are in the midst of the worst experience of our life, it is our state of mind that dictates whether we respond with courage and with the will to survive or we end up instead feeling terrorized, demoralized and defeated. The same is true for the favorable times in our lives that often pass right by us without recognition. We get so preoccupied with the vision of obtainment and with the fulfillment of all our needs that we seemingly forget all about what we already have acquired and can enjoy. There is a sick, self-defeating logic to this as we keep collecting and collecting and never really enjoy life. Often we fail to realize that life experience is one of the greatest assets we collect as we move through our lives. Awareness and the notion of being more mindfully present in our day-to-day lives is much of what this book is about. How do we frame everyday life, and why do we find ourselves sometimes happy and sometimes sad? Take the journey with me and see how much more aware you can be and what that can mean for your happiness, your life and all those that are a part of your life! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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