



Positive Thinking for the Sunshine Mind (Paperback)

By Suzanne Zacharia

Createspace Independent Publishing Platform, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Negative thinking and self-sabotage - Blast them away! Positive Thinking For The Sunshine Mind is a workbook that will take you step-by-step to more positive thinking. And it is not limited to EFT but gives you the choice of modalities to use, such as Reiki self-healing or meditation/self-hypnosis, depending on what you have learned and like best. Every concept is first explained, and then you are easily taken through it. This book is suitable for everyone, as long as you do not have schizophrenia or psychosis. It is written with any attention span in mind. Got the concentration of a gnat? Fine. Got little time? Fine. Just carry out one chapter at a time. Want a personalized how-to? Perfect, that is just what this book is. Each concept is first explained as succinctly and simply as possible. Then you are taken through very easy steps to make it happen for you. To go further at a deeper level using EFT as a modality, I recommend also getting The EFT Workbook For Confidence. This is what a few readers of the first drafts...



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Reviews

This book is indeed gripping and interesting. It really is rally exciting throug studying period. Its been written in an extremely easy way and is particularly merely soon after i finished reading this book through which in fact changed me, affect the way i think.

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I actually started looking over this ebook. It is definitely simplified but excitement inside the 50 percent of your ebook. You are going to like just how the blogger create this ebook.

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