



The Mindmuscle Authentic Personal Transformation Journal (Paperback)

By Ph D Keith Lee

Heartmind International Press, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.DO YOU STRUGGLE WITH ANY OF THE FOLLOWING STUBBORN ISSUES? Chronic Pain, Overwhelming Anxiety Worry, Insomnia, Hypertension, Mental Foginess, Anger, Addictions, Self-Sabotage, Bipolar Disorder, Money Stress, School Stress, Cancer, Digestive Issues, Chronic Relapse, Divorce or Remarriage Difficulties, Perfectionism and Procrastination, Relationships? The MindMuscle(TM) Authentic Personal Transformation Journal is an ideal companion for the comprehensive MindMuscle(TM) Audio Health Transformation Series. In a world demanding constant upgrades and an Extreme Theme spiraling ever higher to just keep up, this journal keeps you grounded in practical wisdom through focused principles and targeted exercises. Unlike the ordinary journals, the MindMuscle(TM) Authentic Personal Transformation Journal artfully weaves neuroscience and depth psychotherapy principles for sustainable results. It s personal training for a strong, agile mind capable of infinite possibilities.



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