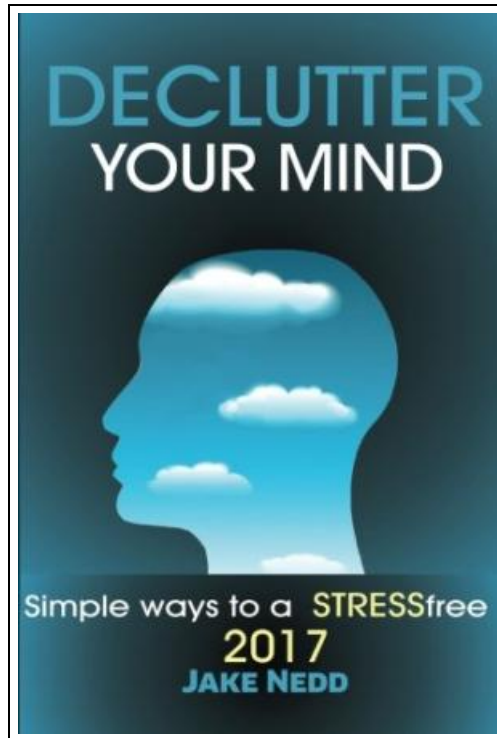


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. DO YOU FEEL OVERWHELMED BY YOUR THOUGHTS? STRUGGLING WITH ANXIETY ABOUT YOUR DAILY TASKS? FRUSTRATED AND CONFUSED ABOUT HOW TO STOP THE NEGATIVE THOUGHTS? OR DO YOU JUST WANT TO STOP WORRYING ABOUT LIFE? HERE IS HOW TO MAKE YOUR 2017 BETTER, STRESSFREE AND DECLUTTERED!!! Frankly, there always arises a time when one way or the other, we ve all had the occasional negative thoughts. But if you always feel overwhelmed, then it s high time you closely examine how these thoughts are negatively impacting your lifestyle. The simple solution is to practice specific mindfulness techniques that create more space in your mind to enjoy inner peace and happiness. These habits will give you the clarity to prioritize what s most important in your life, what needs to go, and how to live out your daily life goals. You deserve more to this life, your job, your family. And that s what you ll learn in DECLUTTER YOUR MIND. The goal this book will achieve is simple: You will learn the habits, actions and mindsets to clean up the mental clutters that is reducing your productivity and holding you back from living a meaningful life. You will learn: Causes/Types of stress you have never knew of How to Reframe ALL Your Negative Thoughts Strategies to increase productivity The Importance of Decluttering the mind How to maintain a Decluttered Mind The Benefit of Meditation and Focused Deep Breathing (and How to Do Both) Strategies Successful people use to maintain a Decluttered Mind You will learn how to EFFECTIVELY USE THE POWER OF ATTRACTION, MEDITATION TO HAVE THE BEST YEAR EVER!! This is the right place to reclaim some of the time and...



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