



Free Your Mind: Change Your Life (Paperback)

By Karen Frances Maya Bromley

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you feel stuck in your life? Have you had enough of feeling anxious or unhappy? Are negative thoughts or fears holding you back? You deserve to live the abundant, fulfilled life you want; feeling confident and happy! You may not be aware of what is holding you back in your life; negative beliefs about yourself and your world are learned in childhood and these beliefs are filed away in your subconscious mind and you live from them believing that they are true. You can change these to new powerful positive beliefs that support you to thrive and attract abundance into your life. Through my own journey of transformation after years of M.E and living in an unhappy marriage, coupled with my professional experience and knowledge; I created The Maya Method. This is a 6 step guide. In this book, I introduce you to this method and tell my story. My negative beliefs stopped the Law of Attraction from working for me, as deep down I did not believe I deserved good things. Once I had changed the negative beliefs about myself...



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