



## Psychological Power: Power to Control Minds

By Rick Markley

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Happiness and contentment are basic goals of a person; a life that's free from worries. However, stressors and worry-triggers cannot be avoided leading people to give up on life or view their life as worthless. Living in the present, however, can help you live for today. Remember, even if you worry about tomorrow, you will never know what will actually happen. Live your life one day at a time. This is possible if you practice mindfulness. Mindfulness not only gives you peace of mind and relieves stress; it also keeps you out of trouble. So, follow the mindfulness tips and techniques by heart, achieve mindfulness and learn to appreciate life at present. Being in control of a mind, even for a brief period in the grand scheme of things, can help you diffuse tension - often for the other party, as well as yourself. It can also help you come across as more confident, outgoing and as someone who's interested in many things, and in other people. So assess, fine-tune, improve and move toward mastery of...



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