



Motivate Your Mindset: A Therapeutic Journal (Paperback)

By Daniel Michael Burke

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Motivate Your Mindset is a therapeutic journal of the author who created the book around sharing his vulnerabilities and challenges in life. The book is designed to challenge a person in motivating their mindset and creating a positive focused lifestyle by using Mindfulness and Readiness techniques. Overall the book is written utilizing life experience with a dialectical behavior therapy and minfulness-based cognitive therapy.



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