



Start Here: Master the Lifelong Habit of Wellbeing (Paperback)

By Eric Langshur, Nate Klemp

Gallery Books, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. A New York Times Bestseller! Imagine being less stressed, more focused, and happier every day of your life. An instant New York Times bestseller, Start Here outlines a program designed to help you achieve emotional fitness by cross-training the skill of lifelong wellbeing. If given the choice, we would all choose to be less stressed, feel happier, and experience a more optimal state of wellbeing. So why are these outcomes so hard to achieve? The answer is quite simple. No one has taught us how. It turns out that just as you train your body for fitness, you can train your mind for wellbeing. We call this Life Cross Training (LIFE XT), and Start Here is the manual for anyone seeking to achieve emotional satisfaction. Combining ancient wisdom with modern neuroscience from the world's leading experts, LIFE XT is a groundbreaking training program to master the art of wellbeing. The program teaches practices that are proven to rewire the brain for increased focus, engagement, and resilience to stress. By offering specific practices, habits, and assessments to manage your training and helping to build up core skills...



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Reviews

This is basically the very best publication i actually have go through until now. It really is loaded with knowledge and wisdom I realized this publication from my i and dad encouraged this publication to discover.

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Very useful to all of class of individuals. This really is for all those who statte there had not been a worthy of looking at. I am just very happy to let you know that here is the finest ebook i have got go through within my individual daily life and might be he finest ebook for actually.

-- **Delores Mitchell PhD**