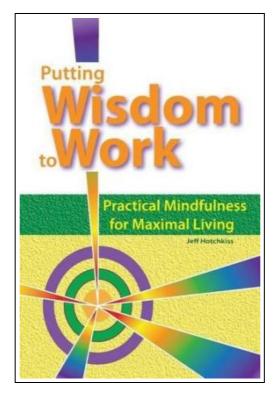
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Reviews

Simply no terms to clarify. It is actually loaded with knowledge and wisdom I am just delighted to let you know that this is the very best publication i have got read through during my individual lifestyle and could be he very best pdf for actually.

(Mr. Caleb Quigley MD)

PUTTING WISDOM TO WORK: PRACTICAL MINDFULNESS FOR MAXIMAL LIVING (PAPERBACK)

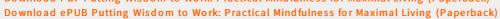


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Jeff Hotchkiss, 2016. Paperback. Condition: New. Language: English . Brand New Book ****** Print on Demand ******. Putting Wisdom to Work is about exploring the great frontier of consciousness that is you. See how to use personal policies for a richer, happier, more fulfilling life experience. Inside you Il find practical ideas on how to identify genuine needs and take action to satisfy them. Develop skills to shape expectations and tame ego to make twice the progress in half the time. Master the artful science of maximal living. These simple strategies unleash the law of attraction in every aspect of living. Feel better. Get stuff done. Have more fun. Put wisdom to work and be able to: - Stay positive naturally. - Shape beliefs that bend reality to avoid regrets. - Use acceptance to let go of resistance to change. - Map a more direct path to personal fulfillment. See how to corral doubt and anxiety by focusing on managing self-talk beyond grasping, rejecting, planning, remembering, worrying and fantasizing. Get great at practicing gratitude, friending fear, and releasing inner-fan genius. Close the gap between dreams and reality by shaping personal policies for health, relationships, resources, responsibility, and creativity. Why work on enjoying life? Because it goes by so damn fast. The days may seem long but the years are short. It s easy to get seduced by ego, feel lonely, stuck in old ways, trapped inside the mind, swept up in desire, and miss all the fun. It s also easy to decide to step back, be grateful for what is, then enjoy living the life that wants to live you. Includes step-by-step lists and self-awareness activities: - 11 characteristics of wise people - 6 steps to leverage luck - Top 6 regrets of the elderly (how to avoid...



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