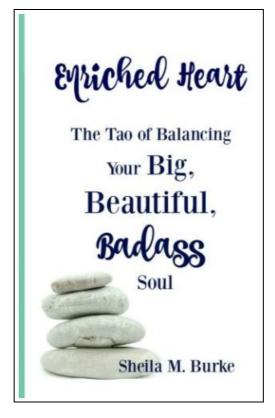
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Free yourself from self-imposed limitations and rise above the weight of old, patterned, thinking. What would happen if you were able to liberate yourself from painful thoughts and create a life of happiness? Repetitive thoughts and memories live in the stories we keep re-telling ourselves over and over. They only serve to limit our consciousness. Habitual negative thought and emotion can make you sick; Positive thought and emotion can heal you. Whether you are new to the practice of mindful thinking or you are a seasoned practitioner, Enriched Heart will give you a completely new insight to living a better life by changing your way of seeing yourself and the world. Now is your time to reduce stress and open up your world by freeing your inner being. Change the way you feel, and it will change the way you think; change the way you think, and it will change the way you deal with everything in life. -Sheila Burke, Enriched HeartTao, which means the way or the flow, is an ancient philosophy practiced by millions of people worldwide from every faith and religion. Many of the issues we face today stem from our inability to keep our ego in check. Tao teaches us to find our Center and live the life we were meant to live. SHEILA BURKE presents this ancient wisdom simply, making it easy to understand and practical to apply in modern life. Tao guides us mere mortals in living a divine, peaceful, and harmonious life. ENRICHED HEART is a manifesto for a healthy way of thinking, a better way of living, and building a better world by being better humans.Learn the concepts of Tao in a clear, easy...

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