



## The Transformative Power of Ten Minutes: An Eight Week Guide to Reducing Stress and Cultivating Well-Being (Paperback)

By Beth Kurland

Wellbridge Books, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What if 10 minutes a day mattered for your overall health, well-being, and ability to experience greater ease and joy through your life? Would you make this time for yourself? In this practical, hands-on book, clinical psychologist Beth Kurland shares her knowledge and expertise gained from over 20 years of experience, and shows you how 10 minutes a day can transform your life. Integrating key findings from multiple fields of psychology and neuroscience, Dr. Kurland uses concise explanations and clear examples to guide you through daily practices that teach you how to implement the many tools she offers. This book, with its accompanying worksheets and audios, is not just meant to be read, it is meant to be put to use in your life to bring about lasting change. Designed for the lay person who may not have the time to read many of the other longer and more in-depth self-help books on the market, or who may be looking for a concrete way to implement the ideas from other self-help books, this book is designed to have the biggest impact in the shortest...



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