



## Listen to Your Heart: Using Mindfulness to Make Choices That Are Right for You (Hardback)

By Philippe Isler

Friesenpress, 2015. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you have ever struggled with decision-making, with wondering what is the right or the best thing to do; if you have ever regretted choices you have made and wished you had a reliable and consistent method of knowing you are making the right choice, this book is for you! Among the many works written about mindfulness, Listen to Your Heart is unique, presenting the concept as a means to an end: how to obtain tangible benefits in your life by utilizing mindfulness to make consistently good decisions. Listen to Your Heart describes a mindfulness-based approach that will teach you to identify and let go of the types of thoughts that lead to anxiety and indecision. Instead, focusing on internal, bodily signals that clearly and consistently indicate what choices are congruent with your overall well-being, will enable you to eliminate the stress that comes from doubt and uncertainty. Best of all, you will learn to apply this awareness within the context of every new situation. Each stage of this simple five-step process is thoroughly explained, with multiple practice exercises to enable you to develop...

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