



## Change Your Mind, Change Your Health: 7 Ways to Harness the Power of Your Brain to Achieve True Well-Being (Paperback)

By Anne Marie Ludovici

Career Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. True wellness is about more than just health--it s about living a fulfilling, well-rounded life. It s about becoming and being our best selves. Yet from health to jobs to finances, it s no secret that people today face a number of seemingly insurmountable barriers to achieving a secure, self-affirming sense of personal well-being. They ve tried fad-this and celebrity-that because they want to change, but nothing really works or lasts. Without knowing how to achieve meaningful and sustainable personal change, many of us lack the independence and empowerment to make it happen. Filled with personal, engaging stories, Change Your Mind, Change Your Health reveals proven techniques used by behavioral experts, researchers, health coaches, and psychology professionals to inspire and empower people to embrace the enriching power of change. Change isn t an outcome, it s a process--a journey of personal independence, self-discovery, and transformation leading to a new, healthier you. Change Your Mind, Change Your Health leads you step-by-step down the path to conquer your challenges and harness and channel your inner power to transform your life for good. Just as the caterpillar becomes a...



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