



Ten Commitments to Mental Fitness

By Vicki Berkus M. D. Ph. D. C. E. D. S.

Robert Reed Publishers. Paperback. Condition: New. 100 pages. Dimensions: 8.8in. x 5.8in. x 0.4in. Ten Commitments to Mental Fitness can improve your mental fitness by helping you understand some of the same principles that can be learned in psychotherapy. Experts have provided an abundance of information about how to attain physical fitness, and most of us already know how to eat healthy foods, exercise, and stop smoking and drinking. However, many people do not know how to improve their mental fitness. Ten Commitments to Mental Fitness provides answers, and will empower readers. Learn how to identify and keep behaviors that makes sense and let go of behaviors that do not. These commitments are putting yourself first, taking responsibility for your feelings, setting priorities, and being honest with yourself. The author challenges you to ask some very direct questions that can only be answered by looking inward. After assessing where you are in the present, you can move forward with changes that will improve your life. The Commitments also ask you to examine your relationships, because good mental fitness includes cultivating relationships with people who honor interpersonal boundaries. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN....



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Otis Wisoky

This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- Dr. Everett Dicki DDS