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Writestream Publishing LLC, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The mind is a terrible thing to waste. The world has changed at lightning speed over the last two decades. As a result, most of us are living our lives in a frantic blur of incessant emails, social media engagement, text messages as well as an over-abundance of multi-tasking - which leaves our minds in a state of low concentration, high stress and...

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- Authored by Cynthia Dougherty Ph D
- Released at 2017



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