



Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits

By Tara Bennett-Goleman

HarperOne. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.0in. x 0.9in. x 0.8in. With her book *Mind Whispering*, Tara Bennett-Goleman, the New York Times bestselling author of *Emotional Alchemy*, draws on the fields of cognitive psychology, neuroscience, and Eastern traditions to present a workable means to overcome the negative patterns in our lives. *Mind Whispering* is a new map of the emotional mind. This groundbreaking approach shows us that we have a choice of our moods, emotions, actions, and reactions. *Mind Whispering* teaches how to manage our brains, and incorporate the timeless wisdom of mindfulness into everyday situations. Ultimately, *Mind Whispering* exposes the modes of being that act as obstacles in our lives and relationships, and shows us how we can choose to improve our relationships and free ourselves, living with a lasting sense of happiness. With a foreword by the Dalai Lama, Bennett-Goleman's *Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits* gives you the keys to lasting emotional freedom. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



READ ONLINE
[5.86 MB]

Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- Audra Klocko PhD

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Germaine Welch

Related eBooks



Angels, Everywhere

Bella Rosa Books. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 4.8in. x 0.3in. Many people believe that everyone is assigned at least one guardian angel at birth. Some claim to have seen their guardian angel, often after or during a...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in. This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...