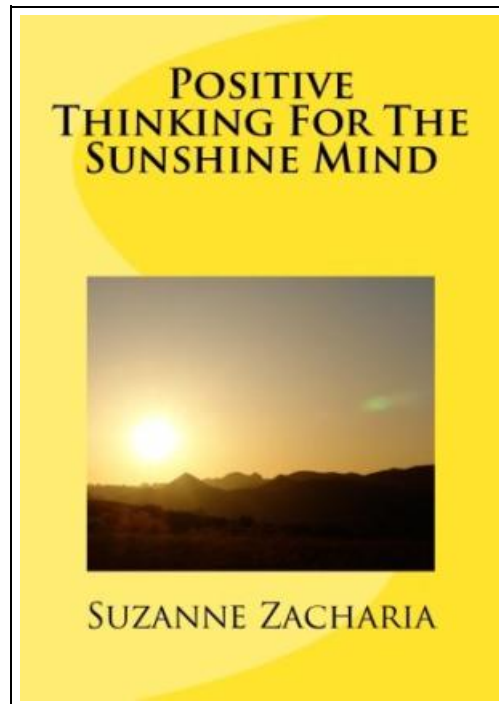


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Reviews

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(Michale Shields)*

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Createspace Independent Publishing Platform, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Negative thinking and self-sabotage - Blast them away! Positive Thinking For The Sunshine Mind is a workbook that will take you step-by-step to more positive thinking. And it is not limited to EFT but gives you the choice of modalities to use, such as Reiki self-healing or meditation/self-hypnosis, depending on what you have learned and like best. Every concept is first explained, and then you are easily taken through it. This book is suitable for everyone, as long as you do not have schizophrenia or psychosis. It is written with any attention span in mind. Got the concentration of a gnat? Fine. Got little time? Fine. Just carry out one chapter at a time. Want a personalized how-to? Perfect, that is just what this book is. Each concept is first explained as succinctly and simply as possible. Then you are taken through very easy steps to make it happen for you. To go further at a deeper level using EFT as a modality, I recommend also getting The EFT Workbook For Confidence. This is what a few readers of the first drafts have said, including excellent practitioners. Your Positive Thinking was excellent Lynn Alford-Burow Dip ION MBANT Cinnamon Health Inspirational work. Sandy Trott, Rainbow Therapy Thank you for the book on Positive Journaling . It has been and still is useful. My previous very negative recordings have now been deleted with a lot of light and love cleansings and release of these feelings and imagings. It was surprising how it felt. Light and love LL (writing feedback on the Positive Journaling chapter first draft). So now it is your turn to enjoy this positive journey.



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