



A User S Guide to Your Mind Volume II How to Win in Love Get Along with Each Other: Hook Up, Make Up, Break Up with Emotional Intelligence

By Michael Ra Bouchard Ph. D.

iUniverse. Hardcover. Book Condition: New. Hardcover. 376 pages. Dimensions: 9.0in. x 6.0in. x 1.0in. Thoughts are very real things. They can be compared to the elements that create the weather we experience. From clear and sunny to overcast and dreary, your thought-machine mind creates your reality. Whether or not you are consciously aware of it, you alone control the angles and rotations of the kaleidoscopic mirrors within the workings of your mind. If you dont like your reality, you can always adjust your outlook simply by adjusting your way of thinking. One of lifes mercies is that we can retrain our mind. This guide is an appeal for rational thinking. When all is said and done, there are only three fundamental areas over which you have any real control in your life: how you thinkfeel (as in two sides of the same coin), how you act, and how you react. When you are unhappy in life or love, the best place to start looking for both the cause and the cure is within the inner narrative of your thoughts. It is here you will find the fountainhead of resiliency from which your strength and well-being flow. Resiliency in people is not...



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