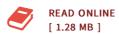




Happy 95 of the Time: Three Simple, Proven Ways to Overcome Depression and Feel Content Almost All of the Time (Paperback)

By Walter Doyle Staples

Career Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. In his latest book, Walter Doyle Staples invites his readers to experience life as fully aware, fully conscious, and fully functioning individuals. Dr. Staples presents powerful and life-changing ideas and concepts on how to transcend our ego-based state of consciousness to achieve deep peace, profound love, and infinite joy. Happy 95 of the Time explains how our attachment to our ego can only create dysfunction and suffering in our lives, resulting in fear, anger, guilt, regret, depression, and/or despair. He contends we need to awaken to a new consciousness and experience a new beginning. Happy 95 of the Time describes in detail the three primary ways to overcome low self-esteem, stress, anxiety, and depression: Cognitive Behavioral Therapy (CBT)—an example of Western, left-brain analytical thinking. Practical spirituality—an example of Eastern, right-brain mystical thinking. Mindfulness meditation—an inner-body, contemplative approach designed to manage our internal thought processes in order to calm the mind. Numerous world-renowned authorities on personal success—from Jack Canfield, Ken Blanchard, and Dr. Norman Vincent Peale to Art Linkletter, Anthony Robbins, and Brian Tracy—have praised Walter s previous books. We are sure they—and you—will find Happy 95...



Reviews

A new electronic book with a new point of view. it was writtern extremely completely and beneficial. Its been written in an extremely straightforward way in fact it is simply following i finished reading this publication through which really altered me, alter the way i really believe.

-- Dr. Florian Runte

Basically no phrases to spell out. It is actually rally interesting throgh studying time. You can expect to like just how the article writer create this publication.

-- Braden Leannon

Relevant Books



Games with Books: 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books: Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications.

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGS for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and professional mariners. This is the ideal book...



History of the Town of Sutton Massachusetts from 1704 to 1876

 $Create space, United States, 2015.\ Paperback.\ Book\ Condition: New.\ annotated\ edition.\ 229\times152\ mm.\ Language: English\ .\ Brand\ New.\ Book\ ****** Print\ on\ Demand\ *****. This\ version\ of\ the\ History\ of\ the\ Town\ of\ Sutton\ Massachusetts\ from\ 1704\ to\ 1876\ is\ a\ labor...$



The Frog Tells Her Side of the Story: Hey God, I m Having an Awful Vacation in Egypt Thanks to Moses! (Hardback)

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English. Brand New Book. Oh sure, well all heard the story of Moses and the ten plagues of Egypt a hundred times....