



Mindset Manifesto: 37 Habits That Will Improve Happiness, Diminish Stress and Accelerate Peak Performance (Paperback)

By Michael Lombardi

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.It s easy enough to lose yourself in a world that is fast-paced and loud, but how do you find yourself again? When you seek out happiness and mindfulness, you need a particular set of skills. This book offers the 37 mindsets you need to start living your life, as well as tips on how to find them. This toolkit will ensure that you never find yourself merely existing again. Achieving great things comes with a mindset that is programmed for success. By having the right habits and mental framework, you ll be able to approach day-to-day problems with clarity, reasoning and effectiveness.

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