



Banish Mind Spam! Four Steps For Deprogramming Self-Limiting and Self-Sabotaging Beliefs (Paperback)

By Sheri A Rosenthal

Warrior s Path Press, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In Banish Mind Spam! Dr. Sheri Rosenthal explains how our minds are programmed from birth through the domestication and socialization process. She sees the internal dialogue of the mind, that voice that is constantly chatting in our heads, as spam. It tells us things that are not necessarily truth, and in fact are often self-limiting and self-sabotaging in nature, crowding out the important messages from our heart, integrity and Spirit. Banish Mind Spam! sets out a clear avenue to explore the structure of your mind and personal programming, and then lays out steps for obtaining your personal freedom and emotional peace. In Banish Mind Spam! you will learn: 1-How to take inventory of the totality of your mind s program and all the beliefs and spam contained within its files 2-How to quarantine and sequester all infecting viruses and isolate the files they have corrupted. 3-How to heal the damage caused by viruses in your program so it can function and run in a healthy way. 4-How to add files that are specifically designed to create and support love and...



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