



Positive Minds Create Positive Lives (Paperback)

By Penney Megginson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Positive Minds Create Positive Lives can show you the route to health and happiness. The specific techniques and activities described in the book will allow you to retrain your mind in order to create a sense of positivity and gratitude. This will boost your self-confidence and help you dissociate yourself from negative thoughts and people. Negativity can distract you from your goals, and without it, you can be more present and proactive. The key is to take a holistic approach, training the mind along with the body. Author Penney Megginson, a certified health and life coach, developed the Positive Mindset Training method while working with clients across the globe. Her approach uses scientifically proven neuro-linguistic programming techniques, meditation exercises, and guided visualization to bring about positive change. Though the modern world bombards us with unending obligations and distractions, setting aside daily time to spend on yourself can have a tremendous effect. The comprehensive program described in the book offers a new way to build a healthy lifestyle and is accompanied by an online course to supplement learning. On this journey of...



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