



Twenty Ways To Heal

By Michael Westin

Micheal Westin. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. Everyone has external, thing goals, but many people forget that the quality of life is not determined solely by your external success, but also, by the quality of feelings that you have each day. This book approaches that directly. Using systematic creative visualization and conditioning, with NLP and the 20 Ways, you can explore many facets of personal development in this concise and easy to read book. Twenty Ways is an explorative guide that can create a direction on how to create internal awareness and feeling goals. Having really good feelings every day is known to create natural healing chemicals or endorphins in the body and reduce stress, which is healing and health enhancing. Yet, most have never learned how to influence their internal worlds. This book is about developing emotional intelligence and about how transforming thoughts and conditioned environments can create deeper satisfaction in peoples everyday lives. And this can expand our own personal emotional palettes, in turn enhancing personal energy and creating a more holistic mindset, which can be transformative. Having traveled in 35 countries as well as learning some of the best of...



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Reviews

An exceptional book and also the font utilized was intriguing to read. This is for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Prof. Tyson Hilpert

The book is great and fantastic. Yes, it really is engage in, still an interesting and amazing literature. You wont feel monotony at at any moment of your respective time (that's what catalogs are for regarding if you request me).

-- Daren Raynor II

See Also



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