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By Alexander Chapunoff

Forel Books, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A GUIDE TO YOUR MIND S CORE TRAITS AND WHAT YOU CAN DO WITH THEM Your mind can be your best friend, worst enemy, or anything in between, depending on how you manage it. Taking this premise to heart, the skill of mind managing is based on knowingly improving the relationship you have with your mind s three facets: thoughts, feelings, and behaviors. Understanding their constant role in life and what it takes to apply them more effectively clears the path for your progress. The implications of mind managing extend to all your traits - habits, attitudes, beliefs, tendencies, desires, actions, perceptions, and more. As you learn to experience these more insightfully, you start seeing these big dragons for the little lizards that they are, and realize how much power you really have over them. In MIND MANAGING, writer and psychotherapist Alexander Chapunoff describes how you are the craftsman and your mind is the toolbox, clarifying the mind s basic features and explaining how to work with them in ways that work better for YOU.

#### Reviews

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