



The Power of the Mind Creating Heaven or Hell

By Ph. D. Bonaventura Mutayoba Balige S J.

Infinity Publishing (PA). Paperback. Book Condition: New. Paperback. 201 pages. Dimensions: 8.2in. x 5.4in. x 0.6in.Why do we get mentally ill Dr. Balige believes human beings can use their mind to create a hell or a heaven for themselves. He reveals in this book that low self-esteem, little social interest, and minimal optimism are common elements in most mental disorders. He proposes that without high social interest, sound self-esteem, and optimism, it may be harder to find meaning in life. It is in this sense that he considers self-esteem, social interest, and optimism as components of spirituality. This book defines spirituality as involving ones search for meaning and belonging. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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