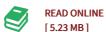




The Hummingbird Process: Life Is What You Make It (Paperback)

By Jenny Rayner

Balboa Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Hummingbird Process is a holistic process that anyone can do. But it is particularly effective for people who have any form of mental illness from depression, self-harming, anxiety, low self-esteem, and lack of confidence or are just finding life stressful and are having trouble engaging in their life due to a life-changing experience or trauma. This is a program that is used to still the mind and cut out the mind chatter that can lead to destructive thoughts. It helps you get in touch with your inner self. Working through the process enables you to truly understand yourself using visualization and self-enquiry. You will also use a journal to track and record memories and stories about your life. This will allow a greater understanding of who you are and why you do the things you do. Ultimately, this process will heal past traumas, beliefs, and attitudes that do not serve you today. The process takes the form of a virtual house that has many floors. Each floor has several rooms for you to explore. Each room represents an aspect of...



Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

-- Marvin Okuneva

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Zachery Mertz

Other Books



Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Fifteen short stories about foxes are selected from several books of fairy tales from various sources. These tales are designed...



Tales of Knights for Kids: Eight Short Fairy Stories about Knights for

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Eight short stories about knights are selected from several books of fairy tales for children. These tales are designed to...



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

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of

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Application

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Patent Ease! The new How to write your own Patent book for beginners! Because you are a beginner; not a...



And You Know You Should Be

Glad

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English. Brand New Book ***** Print on Demand *****. A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...