



The Power of Mindfulness: Control Your Mind - Control Your Life

By Ron Kness

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 56 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. If there is one ability you could learn that would make every single aspect of your life better, what would it be? Undoubtedly, it would be the ability to control your emotions and the way you think. This might sound like a surprising claim, but the ability to control your emotions and the way you respond to a situation is not only the secret to happiness, but the secret to being able to get whatever you want from life. Why? Because it's our interpretation of events more than the events themselves that dictate our happiness, mood, and performance. Not only that, but our emotions, and the neurotransmitters that control them, are what alter our ability to focus, to remember information, and to be creative. Here's what you'll discover inside. . . - Exactly what mindfulness is and how to start using it in daily life. . . - The simple mindfulness exercises you can start using today to begin getting more control over your mind than you've ever had before. . . - An overview of CBT, or cognitive behavior...



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