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Start from Zero: The Mindful Masters Guide to Dealing with Emotional Traps, Past Baggage, and the Hidden Motivations of Others (Paperback)

By Al J Simon

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Mindful Masters guide to dealing with emotional traps, past baggage, and the hidden motivations of others . What if there were a MAGIC SPELL you could use to see into the motivations and intentions of every person in the world? What if you could easily LET GO of baggage and past history, and instantly see new paths in your solutions to the biggest problems in your life? What if you could spot and AVOID emotional traps that keep you miserable, cause you to fail, and prevent you from finding love, joy, success, and happiness? Start From Zero can give you all this and more. The applied mindfulness techniques in this book show you how to become a Mindful Master in your daily life, as it is now. This is not a book of theory. It s a book for practical, hands-on experience, using mindfulness as a guide for daily life. It s about fully engaging in the world as it is, and using that engagement to live life as it is to the fullest . not in some imagined future,...



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