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Stop Negative Thinking in 7 Easy Steps: Understanding The Masters of Enlightenment: Eckhart Tolle, Dalai Lama, Krishnamurti and more!

A.J. Parr

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Stop Negative Thinking in 7 Easy Steps: Understanding The Masters of Enlightenment: Eckhart Tolle, Dalai Lama, Krishnamurti and more! A.J. Parr
NEW EDITION! THE EASY BEGINNER'S GUIDE TO BEATING PESSIMISM! 7 BASIC LESSONS AND EXERCISES to help you break the habit of negative thinking and begin to experience the joy of Living with the teachings of the Masters of Enlightenment: Eckhart Tolle, Dalai Lama, Ramana Maharshi, Krishnamurti and more! . Scientists estimate that in normal conditions a human being regularly has an average of 30,000 to 40,000 daily thoughts. And according to research, depression is always preceded by repetitive negative thinking and not vice versa, and reducing the number of negative thoughts per day actually reduces both the frequency and intensity of depressive feelings and emotions! These crucial findings constitute the starting point of the 7 Lessons and 7 Exercises contained in this beginner's guidebook, designed to help you break the habit of negative thinking Now! . LESSON I: THE VALUE OF ADVERSITY Exercise: Stopping your Thoughts Suggested videos LESSON II: WE ARE WHAT WE THINK Exercise: Watching your Thoughts Suggested videos LESSON III: THE VOICE OF THE UNCONSCIOUS Exercise: Breath Meditation Suggested videos LESSON IV: REPETITIVE NEGATIVE THINKING Exercise: Feeling the Inner Body Suggested videos LESSON V: TRAPPED IN PAST AND FUTURE Exercise: Feeling the Timeless Gap Suggested videos LESSON VI: NEGATIVITY AND RESISTANCE Exercise: Surrendering to the Now Suggested videos LESSON VII: EXPERIENCING THE JOY OF LIVING Exercise: Beating Negative Thinking Suggested videos . Why wait any longer? Take a few minutes to read this brief and inexpensive guidebook and begin your transformatiom today! Buy Now with 1-Click! . CLICK ON "LOOK INSIDE" TO READ THE FIRST PAGES! AND CHECK OUT THE REST OF THIS BEST-SELLING SERIES BY A.J. PARR!

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