Lê Chí Cường

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Tìm kiếm...   Tìm

Trang chủ   Programming   Fiction   Dashboard

Fiction Books

CONTROL
YOUR MIND
AND
MASTER
YOUR FEELINGS

THIS BOOK INCLUDES
BREAKING OVERTHINKING &
MASTER YOUR EMOTIONS

ERIC ROBERTSON

Control Your Mind and Master Your
Feelings

Xem chi tiết

Great Communication Secrets of
Great Leaders

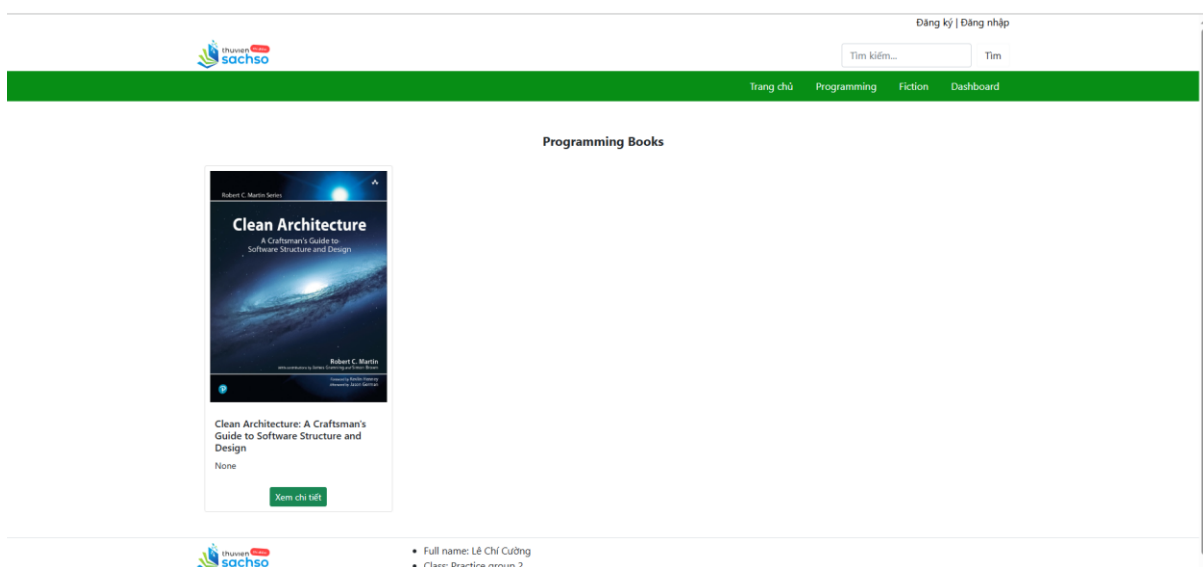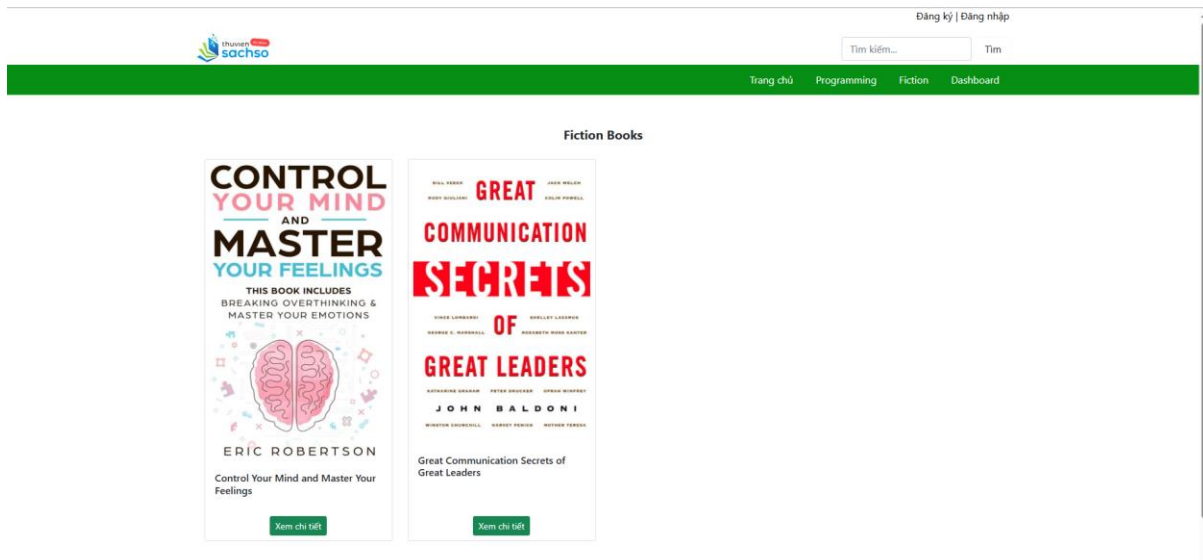Xem chi tiết
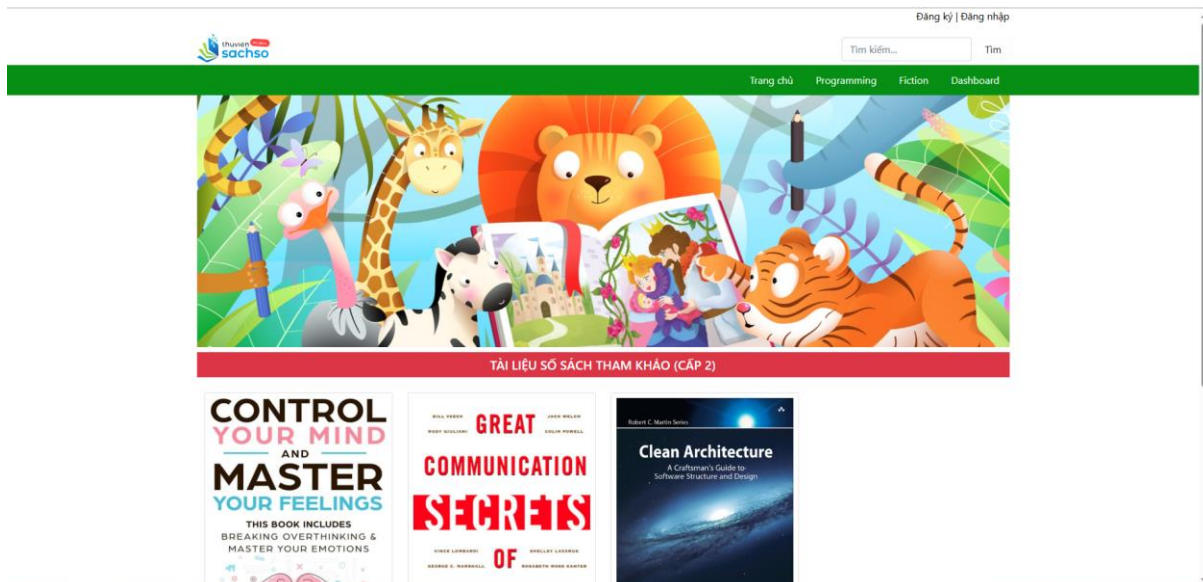
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Thông tin chi tiết

Control Your Mind and Master Your Feelings

Chuyên mục: Fiction
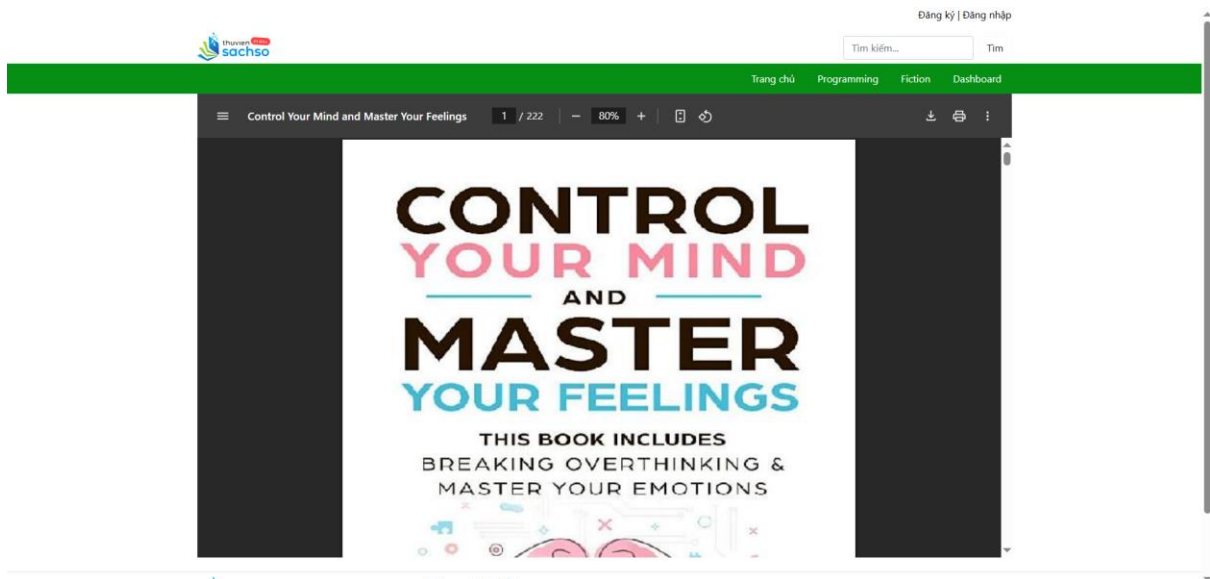
Tác giả: Eric Robertson

Nhà xuất bản: Eric Robertson

Xuất bản năm:

Giới thiệu: We oftentimes look towards the outside world to find the roots of our problems. However, most of the times, we should be looking inwards. Our mind and our emotions determine our state of being in the present moment. If those aspects are left unchecked, we can get easily overwhelmed and are left feeling unfulfilled every single day. This book contains two manuscripts designed to help you discover the best and most efficient way to control your thoughts and master your feelings. In the first part of the bundle called Breaking Overthinking, you will discover: How overthinking can be detrimental to your social life. The hidden dangers of overthinking and what can happen to you if it's left untreated. How to declutter your mind from all the noise of the modern world. How overthinking affects your body, your energy levels, and your everyday mood. How your surroundings affect your state of mind, and what you NEED to do in order to break out of that state. Bad habits we perform every day and don't even realize are destroying our sanity (and how to overcome them properly). How to cut out toxic people from your life, which cloud your judgment and make you feel miserable.

Đọc sách online

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☰   Control Your Mind and Master Your Feelings   1 / 222   —   80%   +   🗐 ↺   ⬇ 🖨 ⋮

CONTROL
YOUR MIND
— AND —
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THIS BOOK INCLUDES
BREAKING OVERTHINKING &
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- Full name: Lê Chí Cường
- Class: Practice group 2