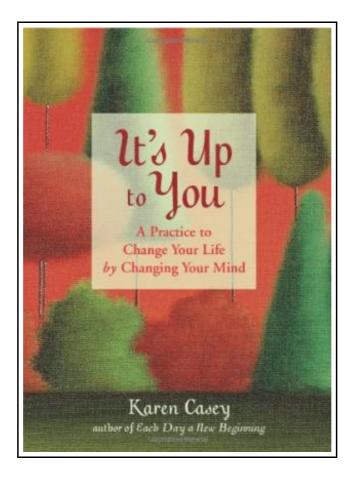
It's Up to You: A Practice to Change Your Life by Changing Your Mind



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Reviews

A high quality pdf as well as the typeface applied was exciting to see. It really is writter in simple words and phrases rather than difficult to understand. You will not really feel monotony at at any time of your time (that's what catalogs are for relating to in the event you question me). (Robyn Nolan)

IT'S UP TO YOU: A PRACTICE TO CHANGE YOUR LIFE BY CHANGING YOUR MIND



Conari Press,U.S. Paperback. Book Condition: new. BRAND NEW, It's Up to You: A Practice to Change Your Life by Changing Your Mind, Karen Casey, This small book will change everything if you let it. "It's Up to You" is based on the twelve principles in Casey's "Change Your Mind and Your Life Will Follow": tending to our own gardens, focusing on solutions not problems, letting go of preconceived solutions, changing our minds, acting instead of reacting, giving up judgments, giving up trying to control, discovering our own lessons, doing no harm, quieting our minds, treating every encounter as the holy, and discerning our mind's own truth."It's Up to You" invites readers to do three simple things: meditate, pay attention, and make choices to change their livesfor a few minutes each morning and evening, one principle a week for twelve weeks. As we reflect on Casey's insight into the insidious ways we create misery or drama, try to impose will, and suffer needlessly, and as we follow her gentle prompts to make different choices, we begin to see that we can change just about anything in our lives by taking these small steps. Nothing could be simpler, and nothing could be more effective. Or as Karen Casey puts it, "Progress is guaranteed. Perfection isn't expected."



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