



## Living Your Best: A Powerful Blueprint for Personal Transformation

By Steven Smith Ph D

Wisdom of the Heart, Inc., United States, 2012. Paperback. Book Condition: New. 203 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Living Your Best is a remarkable blueprint for a life of greater happiness and well-being. Based on five core principles that are grounded in ageless wisdom, their practical application aligns our human self with the highest within us, transforming our thoughts and behavior so we are consistently at our best. The Five Principles are universal in their application and are equally effective in work, family, and school settings. A strong advocate of cognitive and positive psychology, Dr. Smith teaches that by emulating the thought patterns and practices of those who are happy and high-functioning, each of us can learn to function at our best. What makes this book truly unique is the rich set of tools specifically designed to help integrate these powerful principles so they become a practical part of our lives. His adept ability to articulate the need to address both our human and spiritual natures is uncommon in the field of psychology, yet vital. As spiritual beings having a human experience, we must be able to move beyond our instinctive...



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