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## So What Do You Think?: A Guide to a Positive Mind (Paperback)

By Clair Swinburne

iUniverse, United States, 2011. Paperback. Condition: New. Language: English. Brand new Book. This positive psychology guide presents an overview of how the mind works to give you a clearer understanding of how to look after your mental wellbeing. We all need to take care of our mental health. But just how do you accomplish this? In *So What Do You Think?* author Clair Swinburne helps you understand the natural workings of the mind and uncovers interesting facts about what affects our reality to provide insights into how to achieve positive results in life. *So What Do You Think?* examines the attitudes, outlooks, and mindsets that produce success in life. It reviews how the mind works and how it can impact your behaviour, your reality, the things you attract into your life and your body. This analysis will provide a greater understanding of how to look after your mind and it will give you a deeper knowledge about what works for you and what interesting anecdotes and humour, Clair helps you learn new perspectives and strategies that can improve your wellbeing and produce more positive attitudes and results. *So What Do You Think?* also outlines 10 Practical Techniques to help you implement changes...



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