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## The Art of Wishful Thinking (Hardback)

By Patti Macintyre

Austin Macauley Publishers, United Kingdom, 2016. Hardback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book. The Art of Wishful Thinking is an allegorical fable in verse, depicting the human mind s journey to self-discovery. A spirit Mind about to leave the Earth hears a plea to stay, to help other Minds along the pathway to self-belief and self-discovery. The Minds are beset by fear or ego, unable to change their thinking or their lives. A series of challenges await, including fear and self-doubt. Guides help them confront imbalances in their lives and point towards the natural remedial powers of trees and plants. The Minds question whether they have been true to themselves in their lives. Some still doubt their ability to change and they face a further test when lured into self-pity by a false and evil Guide. A battle for the Minds ensues but natural remedies help them rid themselves of depression and trauma. They learn to be free of others expectations, and that their choices must be true to their own nature. When the Guides leave, the Minds must decide whether they have achieved the security of self-belief.



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