



You Can Think Differently: Change Your Thinking, Change Your Life

By Caterina Rando

Watkins Media. Paperback. Book Condition: new. BRAND NEW, You Can Think Differently: Change Your Thinking, Change Your Life, Caterina Rando, Do you want more from your life? Nothing reflects your quality of life more than your thinking. Thinking shapes your beliefs and makes you decide how to act, or not to act. What you think can also feed your fears and fill you with reasons for not making the changes you desire. In this simple, easy-to-use book, you will learn to free your mind of negative attitudes and develop the power to focus and prioritise. The book contains 20 specially devised exercises to help you create a positive mental attitude. Exercises include simple practices such as journaling, visualisation and affirmations. You will learn how to shift your personal perspective so that you can: Change your thinking to make accurate and effective decisions Rely on and build your inner strength Enhance your sense of self worth Build your confidence.

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