



Mind Whispering: How to Break Free from Self-Defeating Emotional Habits

By Tara Bennett-Goleman

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Mind Whispering: How to Break Free from Self-Defeating Emotional Habits, Tara Bennett-Goleman, The aim of Mind Whispering is to transform us into more fully integrated human beings - mentally, emotionally and interpersonally. By using the practical techniques within it, our minds can be more free, our perceptions more true, our responses more artful, our connections more genuine - and our hearts happier. Tara Bennett-Goleman's first book, Emotional Alchemy, was a New York Times bestseller and translated into 25 languages. It looked at deep patterns that can rule the most troubling times in our lives. In her new work, Mind Whispering, the author ranges more widely, drawing on the very latest ideas in cognitive psychology, neuroscience and Eastern traditions to offer a fresh vision of how we can free ourselves from our most negative frames of mind. Through 'mind whispering' practices, she shows how we can become more positive, and cultivate states of being that are ultimately healing and beneficial.



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