



The Transformative Power of Ten Minutes: An Eight Week Guide to Reducing Stress and Cultivating Well-Being (Paperback)

By Beth Kurland

Wellbridge Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What if 10 minutes a day mattered for your overall health, well-being, and ability to experience greater ease and joy through your life? Would you make this time for yourself? In this practical, hands-on book, clinical psychologist Beth Kurland shares her knowledge and expertise gained from over 20 years of experience, and shows you how 10 minutes a day can transform your life. Integrating key findings from multiple fields of psychology and neuroscience, Dr. Kurland uses concise explanations and clear examples to guide you through daily practices that teach you how to implement the many tools she offers. This book, with its accompanying worksheets and audios, is not just meant to be read, it is meant to be put to use in your life to bring about lasting change. Designed for the lay person who may not have the time to read many of the other longer and more in-depth self-help books on the market, or who may be looking for a concrete way to implement the ideas from other self-help books, this book is designed to have the biggest impact in the shortest...



READ ONLINE
[6.6 MB]

Reviews

It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

-- Miss Marge Jerde

It is really an remarkable publication i actually have possibly study. It usually is not going to cost excessive. Its been written in an exceedingly basic way and is particularly only right after i finished reading this publication through which basically transformed me, affect the way i think.

-- Dr. Breana O'Kon

Other Kindle Books



A Beginner s Investing Guide: Learn the Strategies to Smart Investing and Start Making Real Money (Paperback)

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In today s world, very little is sure for us financially. We could be let go from our jobs at any moment, and if...



You Can Be Rich-Financial Planning Guide

TIMES GROUP BOOKS. Soft cover. Condition: New.



Elements of Ecology with MasteringBiology, Global Edition (Mixed media product)

Pearson Education Limited, United Kingdom, 2015. Mixed media product. Condition: New. 9th edition. Language: English . Brand New Book. This package includes MasteringBiology (R). Elements of Ecology, Ninth Edition continues to explain ecological processes clearly and concisely, with a greater emphasis on...



Principles of Ecotoxicology, Fourth Edition (Paperback)

Condition: New. Bookseller Inventory # ST1439862664.



Heist (Paperback)

Kensington Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The Ultimate Heist Kiki Swinson Accustomed to a life of luxury, Shannon Marshall is devastated to lose everything after her husband, Todd, is sent to prison for gun...



Elements of Ecology, Books a la Carte Plus MasteringBiology with eText -- Access Card Package (9th Edition)

Pearson. Condition: New. Loose Leaf. Worldwide shipping. FREE fast shipping inside USA (express 2-3 day delivery also available). Tracking service included. Ships from United States of America.
