

Change Your Mind, Change Your Life



In this fascinating guide, authors Gerald Jampolsky and Diane Cirincione explain how to apply the 12 principles of attitudinal healing to everyday life, with a view to improving physical health, eliminating fears, and increasing the effectiveness of relationships. The book includes a simple, easy-to-follow 18-week programme to help you completely eliminate the hurt, stress, fear and conflict in every aspect of your life. Most of us want to change the world, but only a few of us are willing to change our own minds! Yet there is a shift taking place in the world, where more and more people are recognizing that it is our own thoughts and attitudes that determine how we look at the world and, ultimately, what we see. This book is for people of all ages, religions, and cultures who have a desire and a willingness to change the thoughts in their minds.

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