



You Are Not Your Mind: How To Control Your Thoughts And Live A Healthy, Positive And Fulfilling Life (Positive Thinking, Mindfulness, Focus, Stress Free, Mind Set, Mind Control Book

1)

Erica Sellers

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Controlling your mind is easier said than done. That being said, there are a great deal of techniques that can be followed in order to rid your mind of unnecessary thoughts!

Negative thoughts are scary and harmful. We often have trouble identifying these thoughts and finding ways to eliminate them completely. This book shows the reader the best techniques to eliminate these unhealthy thoughts and how to start living a better life!

Controlling your mind and your life will give you a deeper look into the world of your thoughts. Find ways through daily techniques and meditation to get rid of unhealthy thoughts and fill your mind with positive thoughts!

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