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The Seven Habits - Book One - Life Is What You Make It: Your Mind Matters (The Seven Habits for Feeling Good 1)

Julieana Farrell

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Benefits of the Series

The Seven Habits For Feeling Good Series:

- Contains easy-to-grasp teachings and exercises, which have immediate positive results on the wellbeing of the reader.
- Promotes simple shifts in thinking that can be easily implemented into real-life situations.
- Offers a way out of suffering and demonstrates how to keep a peaceful mind, so that even the bad times are good!
- Explains the cause of all human problems and how to overcome them.
- Explains how to strip away the layers of unhelpful beliefs that we've accumulated over the years, so that we can experience mental freedom and self-expression.
- Gives straight-forward techniques on how to enhance communication skills and achieve goals, whilst keeping a peaceful mind.
- Enables the reader to create harmonious relationships – which is something that everyone wants.

In BOOK ONE - LIFE IS WHAT YOU MAKE IT - You'll learn:

- How your mind creates your experience of the world.
- How to overcome your problems by gaining mastery of your mind.
- How to focus on only thoughts that serve you.
- How to harness your own inner dialogue instead of being a slave to it.

People who practice the teachings in the series often report:

- An understanding that their mind is the cause of all their suffering, and how to keep it peaceful.
- An insight into the workings of the mind, which empowers the individual to control their life experiences, rather than being at the mercy of what life throws at them.
- A permanent increase in satisfaction, peace of mind, and confidence.
- An improvement in the quality of relationships and communication skills.
- An understanding of where their concept of self comes from, and how to cultivate the helpful personality traits, whilst abandoning the unhelpful ones.

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