

The FreeMind Experience (Paperback)

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Reviews

This publication is definitely worth purchasing. Yes, it is actually engage in, nevertheless an amazing and interesting literature. You can expect to like just how the author write this publication. (Odie Dicki)

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THE FREEMIND EXPERIENCE (PAPERBACK)



Watkins Media, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. This book offers a manifesto for creating a life that you will want to celebrate using Tom s unique Three Pillars approach to peace, power and purpose - to encourage original ways of making sense of the world, to free yourself of all resistances and enable all-round deep self-healing. Tom takes his experiences and skills as a counselor and hypnotherapist and puts them into this life-changing book. The result is a fascinating look at what real happiness is and how we can enjoy more of it. The FreeMind Experience combines teachings from the world s ancient wisdom traditions with the most scientifically-advanced rapid-behavior-change techniques. The book presents with clarity, passion and playfulness the three pillars upon which all lasting happiness and success can be built: Pillar 1: Peace (emotional intelligence and deprogramming fear) - how to let go of the limiting thoughts, beliefs, feelings and behaviors that are holding you back; Pillar 2: Power (success psychology) - how to unleash your enormous potential and flow through life with brilliance by learning to relate to life in new ways; Pillar 3: Purpose (unconditional love) - how to enjoy everything that matters most by experiencing more connection, contribution and celebration. By working through this program, you will understand why you think as you do, how you can escape from the thinking that keeps you afraid and emotionally stunted, and how you can connect to a deep, lasting happiness. This is the FreeMind experience.

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