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30

DAY

MENTAL DIET

The Way to a Better Life

30day Mental Diet The Way To A Better Life

Clemens Wendtner



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30-day Mental Diet Willis Hayes Kinnear,1965 *Thirty-Day Mental Diet* Willis H. Kinnear,1990-09-30 Originally published Science of Mind Publications 1963 **Thirty Day Mental Diet** Willis Hayes Kinnear,1965-01-01 *God Is in Love With You: Valerie Love,2012-04-24* God Is In Love With You presents a radically transformative spiritual perspective God is head over heels in love with you and will stop at nothing to express it in every moment of every day and in every circumstance Realizing our own capacity to connect with God s unconditional love creates an opportunity for blissful living There is nothing love cannot heal no matter how traumatic This book offers a creative blend of scripture inspirational quotes and examples of God s loving presence in our everyday lives With these lessons readers will learn to consciously connect with the healing power of God s love and grace like never before to live a divinely wondrous life Let God Is In Love With You inspire you to develop and nurture a loving relationship with the Creator **Tapping the Power Within** Iyanla Vanzant,2018-11-27 The revised and expanded 20th anniversary edition of Iyanla Vanzant s first published work offers a powerful path to self empowerment through the revitalization of one s spiritual and ancestral roots Written with Iyanla s signature healing stories this classic guide to uniting the will with the spirit teaches that only you have the power to make a change for the better With chapters on basic breathing and meditation techniques setting up a home altar connecting with ancestors and guardian spirits and the extraordinary power of forgiveness this book is a perfect companion on the way toward the real you Known for teaching by principle and example this exclusive edition also contains Iyanla s special What I Know Now commentaries and an original CD These tools will challenge you to stop struggling and start recognizing that it is possible to reconcile your humanity with your divinity Whether you are a beginner on the path or a veteran in need of refreshment Iyanla s prescriptions can support your growth from the comfort of spiritual adolescence to the wisdom of spiritual maturity You no longer need to settle for the way things are you can open up to the way things can be if you dare to tap the power within *30 Day Mental Challenge* Mitch Horowitz,2023-02-07 What Would You Give to Lead a Bold Satisfying and Successful Life Author Mitch Horowitz solid gold David Lynch asks you to give one thing your mental focus for just 30 days In The 30 Day Mental Challenge Mitch guides you through one simple exercise so simple in fact that you may not believe it can change anything But like thousands who have tried you will be surprised You are to direct your thoughts for 30 days toward what is productive forwarding and promising and to believe that every reasonable ambition is within your reach That s it Simple as it sounds however this exercise places you in front of tremendous and unforeseen challenges Hence Mitch guides you with realism bluntness and authentic ideals through each day to help you stay on track contend with pitfalls which are many and witness concrete results Effort is all it takes Will you try Many have said yes only to drop off Many others have stayed on Their testimonies appear in the book including I always dismissed the positive thought movement as something somehow beneath me preferring complicated and arduous meditation and nuanced esoteric rituals for my own self

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