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# MIND MONSTERS: CONQUERING FEAR, WORRY, GUILT OTHER NEGATIVE THOUGHTS THAT WORK AGAINST YOU (PAPERBACK)



CREATION HOUSE, United States, 2012. Paperback. Book Condition: New. Firsttion.. 175 x 127 mm. Language: English . Brand New Book. Every day we are bombarded with negative messages--from society, the media, and even from self-talk in our own minds. Take a minute to think about these questions: Do you lack peace because of your perspective? Do you focus on the problems around you? Do you have trouble recognizing the good things in your life? Do you feel despair or depression,...

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- Authored by Kevin Gerald
- Released at 2012



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