



Twenty Ways To Heal

By Michael Westin

Michael Westin. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. Everyone has external, thing goals, but many people forget that the quality of life is not determined solely by your external success, but also, by the quality of feelings that you have each day. This book approaches that directly. Using systematic creative visualization and conditioning, with NLP and the 20 Ways, you can explore many facets of personal development in this concise and easy to read book. Twenty Ways is an explorative guide that can create a direction on how to create internal awareness and feeling goals. Having really good feelings every day is known to create natural healing chemicals or endorphins in the body and reduce stress, which is healing and health enhancing. Yet, most have never learned how to influence their internal worlds. This book is about developing emotional intelligence and about how transforming thoughts and conditioned environments can create deeper satisfaction in peoples everyday lives. And this can expand our own personal emotional palettes, in turn enhancing personal energy and creating a more holistic mindset, which can be transformative. Having traveled in 35 countries as well as learning some of the best of...

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