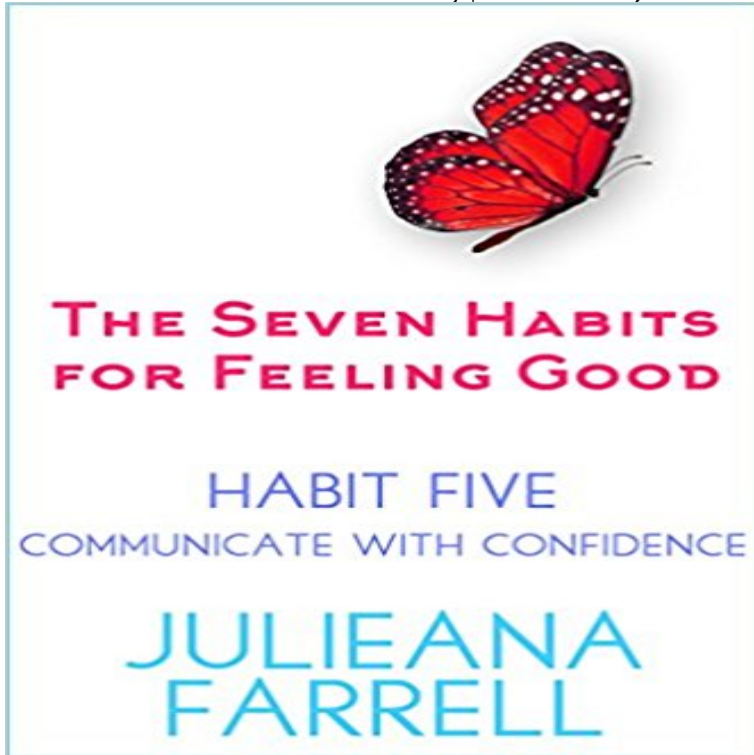


The Seven Habits - Book Five - Communicate with Confidence (The Seven Habits of Feeling Good 5)



In BOOK FIVE COMMUNICATE WITH CONFIDENCE - You'll learn: How to communicate effectively and assertively to always get what you want. Easy exercises you can try with a partner to enhance your relationships. How to deal with conflicts or arguments to set you free. How to detect and overcome natural thinking errors that all humans experience. 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. 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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