
Read Free Open Your Mind And Be Healed

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HEAVEN RAMOS

Discusses six learning patterns based on the way auditory, visual, and kinesthetic information are processed, and provides detailed descriptions of each pattern

The bestselling author of *Each Day a New Beginning* offers a practical, easy-to-implement guide to making positive changes—and living the results. Thirty years ago, Karen Casey wandered into a support group and learned there was only one thing she could change: herself! She found a group of people who had adopted this concept, and she joined them. The resulting transformation was so profound that Casey dedicated herself to teaching others what's possible

when we put our minds to changing our lives. *Change Your Mind and Your Life Will Follow* offers a dozen simple principles to live by. Each principle is explored in its own chapter and includes meditation-style essays to help readers access peaceful, life-changing responses to just about any situation. Finding happiness, peace, and purpose really can be as simple as changing our minds. This little book will show you how. “*Change Your Mind and Your Life Will Follow* tells the truth and tells it well. I recommend it.” —Marianne Williamson

First released in 1983, this book is chock full of real-life case histories, all revealing the laws of abundance in terms of the 5 gifts the reader doesn't know they already have.

The new edition includes numerous stories of Catherine Ponder's innate ability to not only pinpoint the source lack, but to provide the perfect solution that open the floodgates of prosperity.

“Women don't like sex, they just trade it for relationships.” “The asshole always gets the girl.” “Attractive girls are always taken.” Sound familiar? If you've ever had problems with attracting women, or would simply just like to attract more and have more options. This book will improve your inner-game by giving you a fresh perspective and a new understanding on common issues like the friendzone, sexual attraction, and other female behaviours. Reading this book will help you implement improvements in

your character and become truly attractive. This inner-game and mindset improvement guide is a beginners handbook. It's an ebook designed to help you effortlessly handle women. It does this by taking the top limiting beliefs and concerns from everyday guys and destroying them. Replacing them with new, fresh, positive and true mindsets. Now, I want to share that with you.

Full of honest and practical advice from Gemma Cairney and a whole host of trained professionals and real people, Open Your Heart is a best friend in a book. From heartbreak and heartache to body image and everything in between, this book will help you learn to love your body, your friends and your family, and tell you what to do if things go wrong. Includes chapters on: Family Friendship Bullying Love Heartbreak Death, grief and loss Periods Body image Exercise Food Sex Gender and sexuality Sexual health and more!

Full of honest and practical advice from Gemma Cairney and a whole host of trained professionals and real people, Open Your Mind is the best friend of a book everyone

needs. From stress, trauma and anxiety, to your place in the world and everything in between. Includes chapters on: Anxiety Depression Addiction Politics Our Natural World Feminism Money And so much more! Gemma Cairney is an important advocate for young people. Her personal insight and time as Radio 1's resident agony aunt on The Surgery makes her perfectly placed to offer advice to young people questioning what life's all about. Discover even more with Open Your Heart: Learn to Love Your Life and Love Yourself.

I am sure that most of you have heard about Astral travel, but I doubt if many of you have experimented or experienced this because you are not game enough or do not know how to do it. Well, since I have done some travel I will explain everything as it happened to me. Firstly I would advise you to read this page very thoroughly to learn as much as possible before you make any attempt because it is very dangerous for anyone who is not familiar with other worlds and spirituality.

There are many success courses and books available to-day, and they are all good. Anything that

helps you to open your mind to prosperity is worthwhile. But most of those courses and books cover only about one-fourth of the formula given in OPEN YOUR MIND

Your mind is the source of your wealth. What you believe about prosperity and abundance manifests how much you receive. This book can teach you how to open the goldmine of your Mind and start the process of digging for treasure. We all have the ability to create wealth in our lives. We all can prosper. The only things that stop us are the beliefs in our mind that tell us we can't have it, we aren't worthy, or money is the root of all evil. Prosperity is your birthright. The world is full of plenty. Buy this book, read it, practice the principles you learn and keep the change! There are no hidden secrets to prosperity. Everything is here for you. Are you open enough to try it? You only have everything to gain. What's in your Mind rules how much is in your wallet.

'It's as if we made entering gothic cathedrals illegal, or museums, or sunsets!' When LSD was first discovered in the 1940s, it seemed to researchers, scientists and doctors as if the world

might be on the cusp of psychological revolution. It promised to shed light on the deep mysteries of consciousness, as well as offer relief to addicts and the mentally ill. But in the 1960s, with the vicious backlash against the counter-culture, all further research was banned. In recent years, however, work has quietly begun again on the amazing potential of LSD, psilocybin and DMT. Could these drugs in fact improve the lives of many people? Diving deep into this extraordinary world and putting himself forward as a guinea-pig, Michael Pollan has written a remarkable history of psychedelics and a compelling portrait of the new generation of scientists fascinated by the implications of these drugs. *How to Change Your Mind* is a report from what could very well be the future of human consciousness.

Each child holds so much innocence. Adults can learn from them as well, but so many children are not given the chance to share their views and use their imagination. Many young children are thrown into society without having a clue about the importance of the full use of their minds. If they discover this at an early age,

imagine the magic that would occur within. It is time to teach them while they are young. They have diamonds in their minds. They can learn by playing a game while reading and using their own minds.

This book gives new insight on many common questions about meditation and offers useful guidelines on how to practice, interspersed with subtly humorous stories. It clarifies the nuances of mantra meditation and, almost uniquely for a book of this kind, gives us a glimpse into the social dimensions of genuine spirituality.

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices. Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "soft-wired" by experience. This book shows you how you

can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life. Other titles by Dr. Arden include: *Brain-Based Therapy-Adult*, *Brain-Based Therapy-Child*, *Improving Your Memory For Dummies* and *Heal Your Anxiety Workbook*. Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region. Explaining exciting new developments in neuroscience and their applications to daily living,

Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Have you ever wondered why there are few people living their dream, yet others seem to be slipping further away from theirs with every day that passes? Daniel Chidiac's writing has touched millions of people worldwide and helps to transform thousands of lives daily. By opening *Awaken Your Mind Open Your Heart*, we embark on a psychological and emotional journey that is certain to unlock our truest potential. This challenging yet extraordinarily rewarding book is the ultimate guide to discover the fulfillment we have been searching for our whole life.

Philosophy is about our lives and how we live them. Using a unique, visual approach to explore philosophical concepts, Adam Ferner shows how philosophy is one of our best tools for responding to the challenges of the modern world. From philosophical 'people skills' to ethical and moral questions about our lifestyle choices, philosophy teaches us to ask the right questions, even if it doesn't necessarily hold all the answers.

With 20 dip-in sessions from history's great philosophers alongside today's most pioneering thinkers, this book will guide you to think deeply and differently.

This book will enlighten and ennoble the reader." - Arun Gandhi, Gandhi Institute director and grandson of Mahatma Gandhi

Open Your Mind, Open Your Life encourages and uplifts readers with more than 300 inspiring guideposts based on the timeless wisdom of Eastern thought. It's filled with sage advice on opening life to its inherent joy, including:

- * Master your past in the present, or the past will master your future.
- * Instead of putting others in their place, put yourself in theirs.
- * True happiness in life is found always within.
- * As water carves through stone, those who persevere will win.
- * Turn your face to the sun and shadows will only fall behind you.

Open Your Mind, Open Your Life is richly illustrated with exquisite Far East-inspired patterns and original watercolor art. The book also includes profiles of great Buddhist and Eastern thinkers such as Nichiren, Lao-tzu, Confucius, and Mahatma Gandhi.

This is Poetry at its best!

Same blood, same flesh and same chemical composition. We breathe, we eat, we think and we feel. Our only difference is PERCEPTION!!! The way in which we view people, places and things based on what we know and how we feel and/or have felt. The glass can be half full and/or half empty. Growth and development comes in stages: as children, we see in black in white; as young adults, we see in black, white and grey; and as Men & Women, we see the never ending various shades of colors. The more I learn, the less I realized I know. Over the years I found that it seems everyone would like things to go their way. So it started to make sense why my plans didn't always work out! That's about the time I learned: to role with the punches in life; to make the best of everything; to always breathe easy; and what I feel is most important was the ability to lose small. My book is a lot of deep thoughts, self reflection, over years of studies. I don't believe that emotions should have the right to override intellect. The mind controls the body, so I think and I dare you to think also. The choices we make are based on what we want

and/or feel we need to. Your choices are yours and they may or may not affect my life, but consequences come with all choices choose wisely. Just know that you chose conscious or not. Email me at Openyourmind0012@gmail.com Open Your Mind See As Eye See is also on facebook. Feel free to let me know what you think. Your life through the lens of the world's greatest thinkers! Do you ever wonder how important money really is in life or what you need to do to achieve happiness? With The Philosopher's Book of Questions and Answers, you will be one step closer to solving these uncertainties. Inside, you'll find the basics of philosophy, written in plain English, and thoughts for applying these important theories to your own life. You'll also be encouraged to dig deep into the philosophical reasoning behind your everyday actions with a series of fascinating prompts, such as: If you had ten times your wealth and ten times your income, what would you do then that you can't do now? What's a version of that activity that you could do right now? Is it ten times less meaningful, important, or enjoyable

than the activity you would do with more money? From Socrates and Epicurean to Kierkegaard and Nietzsche, The Philosopher's Book of Questions and Answers will not only help you grasp history's greatest thoughts, but will also unveil the world in a whole new light.

Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and

devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a

monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, *Think Like a Monk* reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

Open the Mind Exercise the Soul is the first book from internationally known psychic medium John Cappello. It links psychic ability with personal experiences and intellectual thought as it answers many questions about the relationship between religion, philosophy, and science with this controversial subject. This is an intelligent discussion offering a fresh, new look at psychic abilities. Have you ever wondered ...

- Why do psychic abilities exist?
- What is the proof?
- What is our soul's role in using them?
- How do I access my gifts?
- Can we connect with crossed-over loved ones?
- What is really going on?

Open the

Mind Exercise the Soul will answer these questions and more. Explored with real-world examples and new techniques, it boldly challenges you to examine your own abilities and receive clarity. While guiding you through the development of your own psychic gifts, you will learn to embrace experiences you may have questioned and relate to the author as he discusses his own path in metaphysics. For practicing psychics or beginners, the book combines historical information with spiritual exercises to assist you in gaining insight.

What kind of world do you want to live in? If it were up to you to choose (and it is), how would you want to live? In *Lose Your Mind, Open Your Heart*, Peggy Kornegger offers her own answers to these questions. She believes that at this key time of unprecedented global transformation, it is the love in our collectively opening hearts that will help us create a world that is truly livable for each and every one of us. We can no longer afford to rely solely on the mind's solutions without the balancing vision of the heart. In every single area of our lives, love is the answer. Peggy

Kornegger is a writer and vision weaver. Her writing, which connects spiritual awareness and social consciousness, has appeared in spiritual, feminist, and political publications for more than thirty years. *Living with Spirit*, her first book, was published in 2009, and her blog, which is read internationally, posts biweekly on her website: www.spiritflower.wordpress.com. Photograph (c) 2014 Helen Morse Anne Katzeff's artwork provides a vibrant visual connection to the written words throughout the book.

Award-winning author, John Cappello, offers a new metaphysical look at grief and the energies we need to harness in order to heal from it. *Open the Mind Heal the Heart* identifies twelve universal categories of life experiences, cites real-life examples, and demonstrates the symmetry between all of them. The book describes how one event, causing grief in one category, often affects many other areas of life. It discusses how grief can be overwhelming if energy is not used properly for healing. Metaphysical techniques point the way to obtaining perspective and peace of mind. The refreshing ideas outlined in

this book offer help to those trying to lift the sadness of grief to the joy of resolution. Open the Mind Heal the Heart proposes the following twelve energy keys to unlock the chains of grief and gain an understanding of the way the Universe takes care of us in times of need. Healing is a decision Express Gratitude Adaptability Learn to Cope Take Action Healthy Habits Engage Others Humility Exert Integrity Ambition Responsible Reflection Time

An essayist and writing teacher discusses the relationship between the unconscious and creativity, offering a surrealist introduction to the various gateways into the subconscious mind and showing readers how to tap the creativity within. Original.

Magical, paradigm-shifting, terrifying, and awe-inspiring, the spiritual awakening process is at the core of every human's quest for freedom, love, and happiness. In this groundbreaking book, spiritual counselors Luna and Sol detail the many stages, paths, and pitfalls connected with this sacred evolutionary process. By reconnecting with your Soul, you will discover how to experience the joy, liberation, and peace that you have been searching

for all along. In these pages, you will discover: 1. What is happening to you 2. Why you're experiencing a spiritual awakening 3. The many spiritual awakening symptoms and stages 4. The three inner worlds of the spiritual journey 5. What to do when your awakening becomes a spiritual emergency 6. Signs you're experiencing Soul loss 7. How to retrieve and integrate any fragmented pieces of your psyche through self-love, inner child work, and shadow work 8. What spiritual "traps" you need to be mindful of 9. How to communicate with your Soul Through the inner work practices of Inner Child Work, Self-Love, and Shadow Work, this book gives you the tools to initiate your own deep psychological healing. By removing the blocks and walls that surround your Soul, you will be able to access deep levels of joy, creativity, energy, courage, peace, fulfillment, freedom, and love. The Spiritual Awakening Process is a psychospiritual manual that is composed of various articles that we have published on lonerwolf.com in the past. We have also added extra content to help illuminate your path and guide you through this sacred time

of life.

'The Source marries universal truths with scientific rigor for a persuasive, important exploration of The Law of Attraction.' - Deepak Chopra MD '[Like] the self-help success The Secret, but cooler and more sciencey.' - Evening Standard Life-changing opportunities pass us by every day - now we can train our minds to seize them Self-help books like The Secret promise that we can tap into the 'law of attraction' to control our destiny, simply by changing our thoughts. If we strip away the mystique, at the heart of this idea is a fundamental truth that is backed up by the latest breakthroughs in neuroscience: most of the things we want from life - health, happiness, wealth, love - are governed by our ability to think, feel and act; in other words, by our brain. Dr Tara Swart, a neuroscientist and executive coach with a background in psychiatry, is convinced beyond all doubt of our ability to alter how our brains work - and transform our lives. In The Source, she draws on the latest cognitive science and her experience coaching highly successful people to reveal the secret to mastering our minds. With

a four-step plan to awaken the power of your brain, this unique guide to life combines science and spirituality in a way that is open-minded and practical. Discover how to: - Challenge 'autopilot' thinking and rewire your brain's pathways to fulfill your potential - Manifest the things you want by directing your energy towards your deepest values and ambitions - Harness the power of visualization to prime your brain to grab opportunities and take control of your future - Attack life with confidence, dispel fear and avoid negative thinking Unlock your potential today - you are just four steps away from building a new confident you.

For the first time, a Neuroscientist and Senior Lecturer at MIT reveals the surprising science that supports The Law of Attraction as an effective tool for self-discovery and offers a guide to discovering your authentic self to access your best life now. Self-help books like The Secret show us that if we can tap into "The Law of Attraction," we have the power to change our destiny simply by reshaping our mind. Millions of people have used the ancient systems of manifestation and visualization to

find health, success, love, friendship, wealth, and more. But does the "Law of Attraction" actually work? And more important, is this kind of life-changing philosophy within reach for everyone, even the most skeptical among us? As Dr. Tara Swart, psychiatrist, neuroscientist, and Senior Lecturer at MIT shows us in *The Source*, if we can strip away our skepticism, these ancient tools of manifestation and visualization are fundamentally powerful and incredibly effective at freeing us of self-limiting behaviors and propelling us toward our truest, most authentic selves. Swart reveals how and why these systems actually work by offering the latest breakthroughs in neuroscience and behavioral psychology, including lessons in neuroplasticity, magneticism, emotional and logical thinking, and even hydration, self-care, and relaxation. Next, she describes her own journey from skeptic to believer, and guides readers through the scientific breakthroughs and personal revelations that changed her from an unhappy, close-minded, and disconnected woman wanting more from life, to a successful entrepreneur living with confidence, pur-

pose, and joy. The truth is, most of the things we want--health, happiness, wealth, love--are governed by our ability to think, feel, and act--in other words, by our brain. Dr. Swart combines the insights and inspiration of *The Secret* with the practical lessons of The Master Key System to help a new generation fulfill their dreams. *The Source* is a rigorous, proven toolkit for unlocking our minds--and reaching our fullest potential.

This paperback is a new and complete copy of the original book. It is the finest guide for salespeople and their managers ever created. It gives salespeople a logical track to guide their efforts. The most admired trait of the book is that it allows self-teaching to a very large extent, to the point where little supervision is needed from a trainer. Absorption and execution of the principles in this book will greatly increase any salesperson's income and will do the same for any manager's team.

An Adweek Book Master the techniques that top companies use to spark creativity In today's business environment, gaining the competitive edge through creative and original thinking is a cru-

cial component of brand strategy. Creative leader of advertising Tom Monahan offers a fresh look at the subject, providing hard and fast methods for freeing the mind and inspiring active creativity in oneself and others. His 180-degree Thinking(TM), 100 MPH Method, and other techniques he employs in his creative consulting practice are easy-to-use strategies for unleashing new ideas and facilitating creative product development, advertising, and marketing plans. This book has the added benefit of Monahan's experience of using these methods at A-list client companies.

BRILLIANTLY EXPLORING TODAY'S CUTTING-EDGE BRAIN RESEARCH, MIND WIDE OPEN IS AN UNPRECEDENTED JOURNEY INTO THE ESSENCE OF HUMAN PERSONALITY, ALLOWING READERS TO UNDERSTAND THEMSELVES AND THE PEOPLE IN THEIR LIVES AS NEVER BEFORE. Using a mix of experiential reportage, personal storytelling, and fresh scientific discovery, Steven Johnson describes how the brain works -- its chemicals, structures, and subroutines -- and how these systems connect to the day-to-day realities of

individual lives. For a hundred years, he says, many of us have assumed that the most powerful route to self-knowledge took the form of lying on a couch, talking about our childhoods. The possibility entertained in this book is that you can follow another path, in which learning about the brain's mechanics can widen one's self-awareness as powerfully as any therapy or meditation or drug. In *Mind Wide Open*, Johnson embarks on this path as his own test subject, participating in a battery of attention tests, learning to control video games by altering his brain waves, scanning his own brain with a \$2 million fMRI machine, all in search of a modern answer to the oldest of questions: who am I? Along the way, Johnson explores how we "read" other people, how the brain processes frightening events (and how we might rid ourselves of the scars those memories leave), what the neurochemistry is behind love and sex, what it means that our brains are teeming with powerful chemicals closely related to recreational drugs, why music moves us to tears, and where our breakthrough ideas come from. Johnson's clear, engaging ex-

planation of the physical functions of the brain reveals not only the broad strokes of our aptitudes and fears, our skills and weaknesses and desires, but also the momentary brain phenomena that a whole human life comprises. Why, when hearing a tale of woe, do we sometimes smile inappropriately, even if we don't want to? Why are some of us so bad at remembering phone numbers but brilliant at recognizing faces? Why does depression make us feel stupid? To read *Mind Wide Open* is to rethink family histories, individual fates, and the very nature of the self, and to see that brain science is now personally transformative -- a valuable tool for better relationships and better living.

This book depicts a strong believer's path to Atheism. It is aimed at opening a strong believer's mind to reality, to understand the real meaning of God in religious scriptures. It is aimed at helping those people who are facing strong fundamentalism in their communities due to fast globalisation and to fight religious ignorance and intolerance.

Everybody wants to be happy. Unfortunately, relatively few achieve bliss.

Eli Jaxon-Bear explores how it is possible to achieve lives filled with gratitude and love. True happiness and meaning are achieved, he asserts, when we wake up, stop our minds, and open our hearts. It is then that we discover our true selves; our core identity that is part of the ultimate living intelligence of the universe; our true source. Like Gangaji, Jaxon-Bear uses a method of self-investigation called "self-inquiry." In the light of direct self-inquiry, limitations that once seemed to define ourselves are discovered to be more like transparent lines drawn on water. They exist only on the surface of consciousness in one's imagination. When these illusions of mind are clearly exposed, true limitless being reveals itself. This is a book that will appeal to those who are fans of Gangaji, Byron Katie, and Eckart Tolle. It is an articulate and helpful expression of a path to fulfillment for those wrestling with questions of identity and meaning.

Allow me to blast a ray of sunshine through the murky clouds hovering over advertising agencies and marketing departments alike. If you've got talent, I can keep you

from rolling an embarrassing string of gutter balls. Chew With Your Mind Open is here to make it make sense to the degree that advertising ever will. The politics. The personalities. The nonstop problems in need of smart and effective solutions. I was lucky. I had a great thinker in my corner for over two decades. A rock-solid, real-live 24/7 mentor. My father, Guy Day, knew the advertising racket well and was no stranger to remarkable creative work. He co-founded Chiat/Day as a writer and was the agency's president, twice. My dad helped inspire some of the best advertising of the 20th century, Apple's "1984" Super Bowl spot for example. He also inspired me. What my father gave me, is what I'm now ready to give you. Just enough big-picture guidance to be dangerous. My advice can keep you from falling into unproductive time-sucks and sinking in conceptual quicksand. I'll help you avoid the chronic wallowing, unneeded politicking, and blame game that's all too common in the business. I'll help you develop good habits that will serve you well in the worst of times. Throughout my book, I'll share how I got --

and still get -- my best thinking through the gauntlet without collecting a huge assortment of knives in my back. Granted, a few of them will be unavoidable. I'll address that part, too. My knowledge comes from real-life experiences, and my book is broken down by subject and is served one easily digestible nugget at a time. Sometimes my experiences are funny, other times embarrassing, but they always reveal an underlying truth and a learning opportunity that could spare you some scar tissue. Along the way, readers will be in the room with me as I present work, defend it, debate clients, and push the best thinking forward.

What separates this book from the dozens of other self improvement books? The answer: author Randall Chesnutt's piercing insight into simplifying complex ideals and philosophies. In short, this book provides a road map to increasing awareness of how fear, doubt and worry can control every aspect of our lives. It offers simple tip on how to take control of your emotions and live a more enriched life.. Author Randall Chesnutt is an accomplished Speaker and business owner.

His writing style is both informative and encouraging. When not traveling the world (his travels provide inspiration for his writing), Randall lives in Houston and maintains a busy speaking schedule.

Arguing that the current "thinkaholic" culture creates unnecessary stress and anxiety in people's lives, the author encourages a more heart-centered, intuitive, and peaceful encounter with daily life, showing readers how to be more spontaneous and flexible in everyday living. Original.

"Open Your Mind, Open Your Heart", gets you thinking about your own personal path toward a

more positive lifestyle. The book is packed with simple, yet thought-provoking wisdom in the form of short statements, upon which she briefly expounds, as well as her own heartfelt poetry. The author's words of wisdom have something for everyone. Through them, she reveals her genuine concern for others and the state of the world. She implores the reader to think more about how they treat others and to make choices that move them forward, on a positive path, by assessing their own actions and behavior. The poetry in this book is truly original. You are sure to

be moved by the author's words on love, compassion, kindness, and even death and dying, as they relate to an open mind and heart. One key characteristic of the book is that you don't have to read it from beginning to end -- though you may be inclined to do just that. You can open the book to any page and find something appropriate and interesting to digest. Use it as a part of your daily devotional or simply as a "pick me up" when you need a boost in attitude. However you approach it, this book would be an important addition to your quest toward self-discovery and a more positive lifestyle.