

Master Your Inner Critic: Release Your Inner Wisdom - Melanie Greene

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Though many of us are unaware of it, everyone has messages running through their head. Some of the messages are positive: 'Well done, that was great', or neutral, 'What am I going to have for dinner?' But for many people the messages are negative and self critical: 'Why did you go and say that?', 'You'll never be successful', 'You're pathetic'. These messages have a profound impact on how we feel and behave, and ultimately they affect how happy and successful we are in life. This is the first book to provide a range of tried and tested techniques for transforming your inner critic. By using these techniques you can transform your thoughts, feelings and behaviour to become a happier person. This book covers such topics as: Â¢ Understanding your inner critic Â¢ Listening to your whole self and not just your inner critic Â¢ Being proud of yourself and your strengths Â¢ Releasing your inner wisdom Â¢ Handling criticisms from others Â¢ Creating more fun in your lifeAuthor: Greene, Melanie Publisher: Summersdale Publishers Ltd Illustration: N Language: ENG Title: Master Your Inner Critic: Release Your Inner Wisdom Pages: 00000 (Encrypted PDF) On Sale: 2011-12-30 SKU-13/ISBN: 9780857655226 Category: Self-Help : Personal Growth - Happiness Category: Self-Help : Personal Growth - Self-Esteem

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