



## Mental Principles and Positive Practices for Successful Living

By David James Zoppi

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 54 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. Ancient wisdoms have been passed down through the ages. These are old and universal concepts and practices gained through trial and error and accumulated by those brave souls seeking and thirsting for knowledge and wisdom. When we embark on our own personal journey and spiritual quest to find ourselves and attain knowledge, we will be met with many challenges, many obstacles, many triumphs and many disappointments. This book discusses many common sense principals and concepts that have been used by others in the pursuit of knowledge, success, wealth, health and happiness. As we move forward together we will explore what makes us fearful, happy, sad and apprehensive. We will discuss the things that motivate us to move forward toward achieving our goals and our dreams, and talk about the things that make it difficult for us to move forward and cause self-doubt and uncertainty. The road to building a life of happiness and success is a great journey. It was once said that A journey of a thousand miles begins with a single step by Lao-tzu the Chinese...



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