



The Promise: Make Your Life Rich by Discovering Your Best Self (Paperback)

By Victor Davich

GRIFFIN, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. Imagine what it would feel like to be effortlessly confident, powerful, and happy - to reap the riches you re entitled to, just by being born? From the creator of the program Time magazine calls the most American form of meditation yet comes an exciting new 8-minute action plan that will empower you to reclaim the true joy and fulfillment that is all your own. The Promise is a revolutionary new program that will allow you to embrace an extraordinary gift: Your Best Self. This treasure already lies within you - no matter what you may think, or have been told. And you can seize it with Victor Davich s unique toolkit for transformation: STOP, LOOK, and LISTEN, a program comprised of more than a dozen powerful techniques. Here you ll learn how to: STOP runaway thinking, relax, decelerate, and de-stress your mind. LOOK beyond self-limiting, negative beliefs, or judgments and opinions that hold you back. LISTEN and become attuned to Your Best Self - the treasure within which true riches await you. These and other exercises central to The Promise are easy-to-follow and done in just...

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