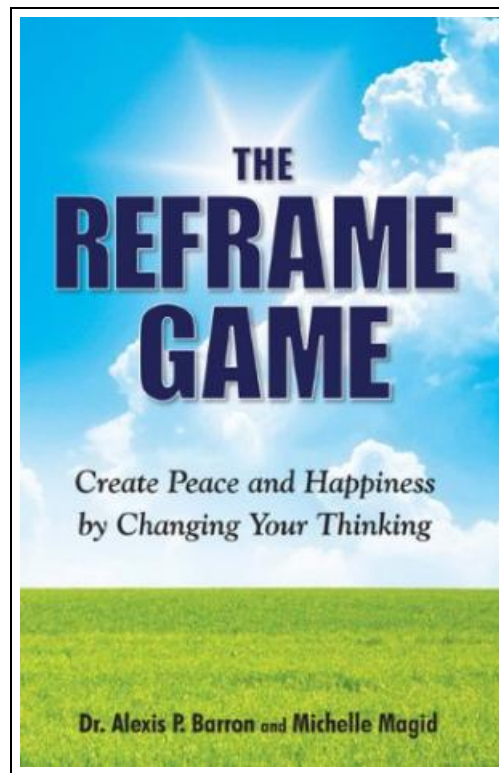


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(Spencer Fritsch)

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Am Press, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Reframe Game Create Peace and Happiness by Changing Your Thinking, is a must have book. This book is practical and filled with ageless wisdom that will change your life in the most positive ways. It is easy to read and it is for everyone. The Reframe Game will help you shift out of those ever present, nagging, negative thought patterns that weigh you down and hold you back. The authors, Dr. Alexis P. Barron and Michelle Magid, provide many simple and powerful examples of positive self-talk that will uplift you and lead you to deep self-love. Changing your inner dialogue will change any area of your life, one belief at a time, one conditioned thought at a time - it really works! The Reframe Game will help you to: * Become more aware of your positive and negative thinking * Feel more hopeful * Silence your inner critic * Say YES to loving yourself * Create the life of your dreams * Reduce stress and promote well-being * Increase your peace, joy and happiness. Dr. Alexis P. Barron, and Michelle Magid have each worked in the field of personal growth, health and well-being for over 25 years. As private practitioners, educators and consultants they are dedicated to helping people have more inner peace and happiness.



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