



Whose Mind Is It Anyway?: Get Out of Your Head and Into Your Life

Lisa Esile, Franco Esile

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Most of us spend our lives trailing after our minds, allowing our brains to take us in directions that are safe and secure, controlled and conformed. Your mind doesn't want you to take that new job, sign up for that pottery class, or ask someone out. It wants you to stay unemployed, unfulfilled, and single because it enjoys routine and is resistant to change, no matter how positive the change may be. But more often than not, that's not what you want.

Whose Mind Is It Anyway? will help you learn how to separate what you want from what your brain wants and how to do less when your mind is trying to trick you into doing more. In a colorful, funny, and nonthreatening way, it answers the difficult question of how we can take control of our self-defeating behaviors. Filled with charming illustrations, this book will be the friendly voice in your head to counter your negative thoughts, and it will teach you how to finally be at peace with all that you are.

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Christine Kaufman:

Have you spare time to get a day? What do you do when you have more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a walk, shopping, or went to the actual Mall. How about open or perhaps read a book called Whose Mind Is It Anyway?: Get Out of Your Head and Into Your Life? Maybe it is for being best activity for you. You realize beside you can spend your time with your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have some other opinion?

Patricia Jones:

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Julie Nealy:

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