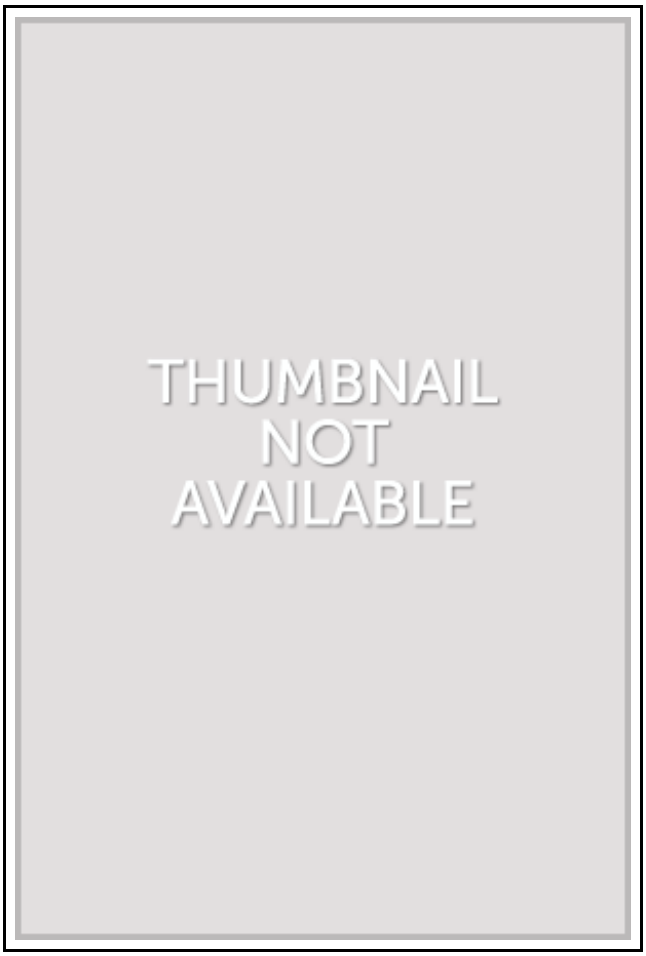
It's Up to You: A Practice to Change Your Life by Changing Your Mind



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Reviews

Completely one of the best publication I actually have ever study. I really could comprehended almost everything out of this written e publication. Your daily life span will likely be change as soon as you total reading this publication.
(Prof. Adolph Wisoky)

IT'S UP TO YOU: A PRACTICE TO CHANGE YOUR LIFE BY CHANGING YOUR MIND

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Conari Press,U.S. Paperback. Book Condition: new. BRAND NEW, It's Up to You: A Practice to Change Your Life by Changing Your Mind, Karen Casey, This small book will change everything if you let it. "It's Up to You" is based on the twelve principles in Casey's "Change Your Mind and Your Life Will Follow": tending to our own gardens, focusing on solutions not problems, letting go of preconceived solutions, changing our minds, acting instead of reacting, giving up judgments, giving up trying to control, discovering our own lessons, doing no harm, quieting our minds, treating every encounter as the holy, and discerning our mind's own truth."It's Up to You" invites readers to do three simple things: meditate, pay attention, and make choices to change their lives-for a few minutes each morning and evening, one principle a week for twelve weeks. As we reflect on Casey's insight into the insidious ways we create misery or drama, try to impose will, and suffer needlessly, and as we follow her gentle prompts to make different choices, we begin to see that we can change just about anything in our lives by taking these small steps. Nothing could be simpler, and nothing could be more effective. Or as Karen Casey puts it, "Progress is guaranteed. Perfection isn't expected.".

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