

The Practicing Mind: Developing Focus And Discipline In Your Life - Master Any Skill Or Challenge By Learning To Love The Process By Thomas M. Sterner

By Thomas M. Sterner

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Present moment awareness is an essential ingredient in life if one expects to experience any degree of authentic peace and contentment. It has been acknowledged for

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The Practicing Mind will give you the tools you need to accomplish any task you choose and to conquer the challenges you face in life while at the same time

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