



The Seven Day Mental Diet Updated for the 21st Century by Jacqueline Garwood

By Jacqueline Garwood

Sun Moon and Compass. Paperback. Condition: New. 106 pages. Dimensions: 7.8in. x 5.2in. x 0.4in. In 1935, eminent New Thought leader, Emmet Fox, wrote The Seven Day Mental Diet. He promised that, by refusing to let negative thoughts take root in your mind, you could change your life in only one week. Jacqueline Garwood, author of Future Pull, Partner with the Universe to Create the Life of Your Dreams, has updated this classic for the 21st century. This small book maintains the key message that Emmet Fox first gave the world--that you are what you think--but adds seven guiding principles to aid you in putting it into practice. The seven guiding principles are the distilled wisdom of individuals who have been able to succeed in the Seven Day Mental Diet challenge. As Emmet Fox said, it is simple, but it isn't easy. Changing your default attitude from negative to positive takes commitment, discipline, and persistence, but it is definitely worth it. The Seven Day Mental Diet, updated for the 21st century will show you how to become a conscious thinker, monitor and replace negative thoughts with positive, and use reframing to deal with difficult situations. You'll learn now to change your...

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