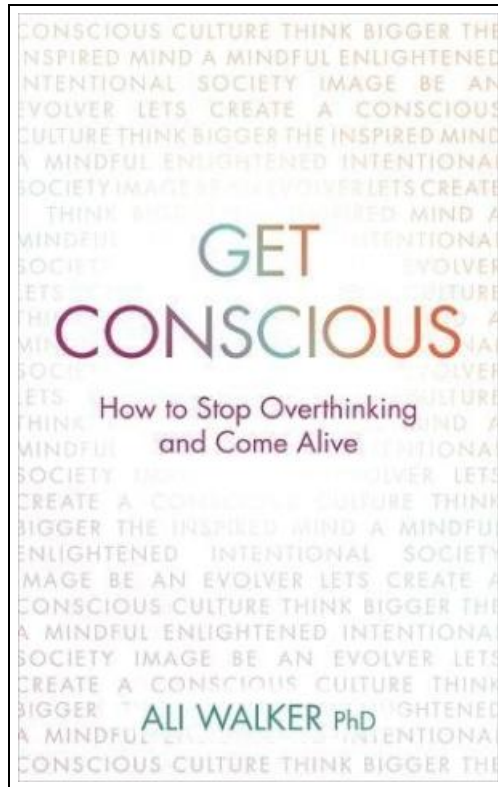


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Reviews

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(Dr. Kayley Kovacek PhD)

GET CONSCIOUS: HOW TO STOP OVERTHINKING AND COME ALIVE (PAPERBACK)



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Hay House UK Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. In ancient times, most people believed that if you travelled far enough to the horizon, you would reach the edge of the world and fall off. This was a mirage that limited their lives. Today, many of us live in the mirage that our happiness lies somewhere in the future. We believe we will be happy when. we meet the perfect partner, we get a new job, we go on holiday or we buy our dream house. But what if this future happiness is like the horizon: an imaginary line that cannot be reached? In *Get Conscious*, Ali Walker shows that instead of wasting time fantasizing about the future, we can take action to feel calm, positive and uplifted in the present. The key to this is self-awareness. Drawing on her research and her work with clients, Ali breaks down the four elements of self-awareness and provides strategies for mastering them: - Feel: honour all emotions - Think: choose positive thoughts - Sense: trust the messages of your body - Act: go with the flow of life and love This book is filled with exercises and activities that teach you to think less, tune in to your inner wisdom and feel genuine joy - today!.



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