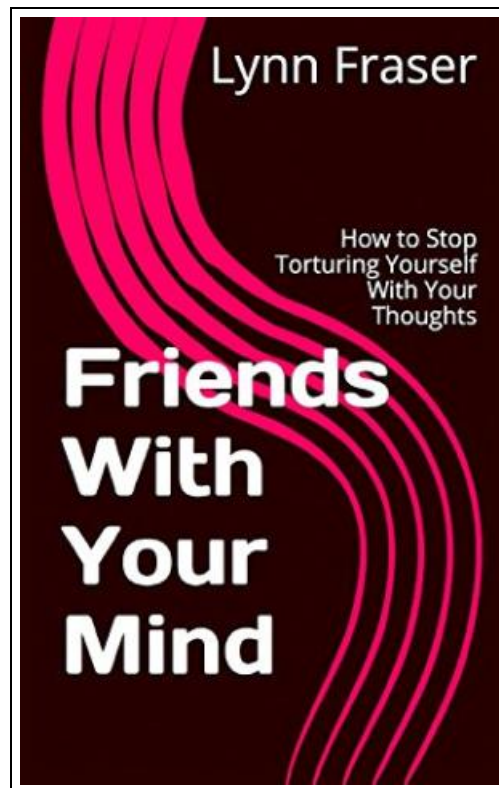


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Reviews

Complete guideline for publication fanatics. It is actually written in straightforward words rather than confusing. I am effortlessly could get a pleasure of looking at a written book.

(Kirstin Schuppe)

FRIENDS WITH YOUR MIND: HOW TO STOP TORTURING YOURSELF WITH YOUR THOUGHTS (PAPERBACK)

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Stillpoint Publishing, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is the kind of book that I truly love - one that is very simple and direct with easy to understand instructions that one can translate into his or her own experience almost immediately. Notice how Lynn is breaking down experience into its simplest parts and then really look into your own experience to verify that she has given you a map to suffering and how to heal it. This book can do more than help you stop torturing yourself with thoughts. It can help you come to accept and love your entire experience. Scott Kiloby, Founder of the Living Inquiries You opened this book because your thoughts are torturing you and you want to end your suffering. This book will help you understand your mind, body, and nervous system. Knowing how a system works makes it possible to apply an effective remedy when something goes wrong. We develop troubling patterns in response to experiences of fear and stress. They do not have to be permanent. As you work with the simple, powerful practices in this book, you begin to experience life without fear and it becomes possible to relax your vigilance. You discover you are not alone, that you have support, and you can learn how to do this. I know this to be true from my own direct experience and with other people. Healing is possible and it is worth it. Twenty-five years ago my shoulders were like cement from chronic stress. I was shut down emotionally. My thinking was compulsive as I tried in vain to control outer circumstances and people so I could feel better. I developed PTSD in 2005 after I was assaulted. I healed...



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