Powerful Mind

Sherlynne M. Beach

SherLynne Beach, is passionate for strengthening families. She has spent (and continues to spend) countless hours studying what makes people positive and strong. She happily uses herself and her family to try out and practice the tools this book and other resources teach, then shares these principles with as many possible. This Powerful Mind Workbook is used with the class "Your Powerful Mind" presented by SuccessFamilies. It guides participants in consistently applying the concepts learned in class. "Powerful Mind", the class, teaches participants very effective tools used to manage the inner voices that drive so many beliefs, choices, and actions. These inner voices are powerful, and often can be confusing when left unattended. These voices messages, when believed, often keep us stuck or drive us down. Bu,t when managed, there is incredible information about who we really are, and power and strength available that would be otherwise burried. Through practice, our positive dreams, aspirations, beliefs and self-talk overwhelm the negative and then propell us towards happiness and success that is only a phantom to untrained minds. SherLynne now teaches, "Powerful Mind" through face to face classes, mentoring groups, audio CDs and other resources available on her website SuccessFamilies.com This workbook is made with children and adults in mind. It is user friendly and is meant to be drawn and written in, cut, bent, and replaced as often as it fills up! Keep your used workbooks as powerful reminders of the amazing positive nature we all can embrace, when we choose to train our minds to reject the bad and hold the good!

- Power Rangers Samurai : Meet the Rangers
- Poverty: its Degrees, its Causes and its Relief : A Multidisciplinary Approach to an Urgent Problem
- Powerdown : A Schools` Climate Change Toolkit - Secondary
- The Power of the Smile : Humour in Spanish Culture
- Power Systems and Renewable Energy : Design, Operation, and Systems Analysis
- Power in Flight
- The Power of N
- Practical Drug Therapy
- Poverty Alleviation, Institutional Development and Needs Assessment