



# The Tibetan Art of Positive Thinking: Skilful Thoughts for Successful Living

By Christopher Hansard

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Tibetan Art of Positive Thinking: Skilful Thoughts for Successful Living, Christopher Hansard, It is common knowledge that the way we think profoundly affects our health and happiness. As Tibetan Bon culture has known for centuries, true, original thought is one of the most powerful energy resources that we each have, and tapping into it can bring us great spiritual, emotional and financial success. But, as Christopher Hansard - leading authority in Tibetan medicine - explains, most of us don't know how to think effectively. What we imagine to be thoughts are simply reactions to our environment and to other people, and are far removed from 'original thought', which has the power to transform lives. In this enlightening book, Hansard shows us how to take control of our thinking. Using simple meditations and exercises he shows how we can each harness the power of positive thinking to block negativity, transform emotions, and discover the deepest meaning of our lives, to make it the life we truly want to live.



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## Reviews

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