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(Roosevelt O'Keefe)

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Balboa Press, United States, 2015. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn how to discover, identify and create your personal motivation and power sources! MAPS will help you create new ways of thinking that are both uplifting and creative, opening your heart and mind to new possibilities. You will be shown how to use these powerful, self-help tools to change your thinking, enhance your confidence and build self-esteem. Most of all, MAPS will bring you into the present moment, the conscious NOW, where your true power resides. Your MAPS will help you to: Stop the Committee mind chatter. Inspire and uplift yourself and others. Bring yourself to conscious awareness. Change disempowering thoughts, feelings and moods. Enhance gratitude and appreciation. MAPS to the Present Moment is a guide to conscious living. Included are activities for parents and children to do together and classroom activities for teachers and their students. MAPS, your personal motivation and power sources will navigate you from confusion to clarity, from discouragement to hopefulness and they will restore positive thinking and feeling!.

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