

The Resilient Mind

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Synopsis

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A practical manual for understanding why you live the way you do—and how to transform your life into your highest vision.

In *The Resilient Mind*, Dr. John Demartini shows you how to face challenges and make opportunities out of them as well as how to deal with distractions and difficulties. In this powerful and practical book you will learn:

- How to reduce stress, resolve conflict and open the heart and mind to a new perspective and paradigm for life.
- How your highest priority actually becomes your identity.
- To understand your own greatness and potential.
- To dissolve perceptions of infatuation, resentment, pride and shame and fantasies and nightmares.
- How to enhance communication and thereby equilibrate the lopsided perceptions of your mind.
- To discover the secrets of opening your heart beyond anything you've imagined.
- To receive profound insights on how to create more fulfilling, caring relationships.
- And more!

Discover how to break through the barriers that keep you from experiencing your true nature as light and transform your life into one that you only dream about.

Reader's comments

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