The Book of Good Practices: Learning Core Skills for Health, Happiness, and Success

Bill Whitcomb, Taylor Ellwood

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This book is a master toolkit containing the world's most effective ways to increase personal empowerment, freedom, and happiness! Learn how to practice core human skills that affect every aspect of your life, such as: Creating Well-formed Goals Decision-Making Cultivating Emotional Balance and Happiness Relaxation and Stress Reduction Pain Management Communicating Effectively Establishing Rapport with Others Improving Memory Increasing Concentration and Mindfullness Boosting Creativity and Imagination Growing Empathy and Compassion …and much, much more! This is a book about how to do things. We have tried to make it as difficult as possible for you to reject the material in this book out of prejudice against one tradition or another. If we have been successful, you will see that the only way truly to evaluate the practices in this book is to try them for yourself. The Book of Good Practices provides you the means and methods to transform your life. By using these techniques, you can determine what you want to change, and then create a plan of action to enable that change.

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