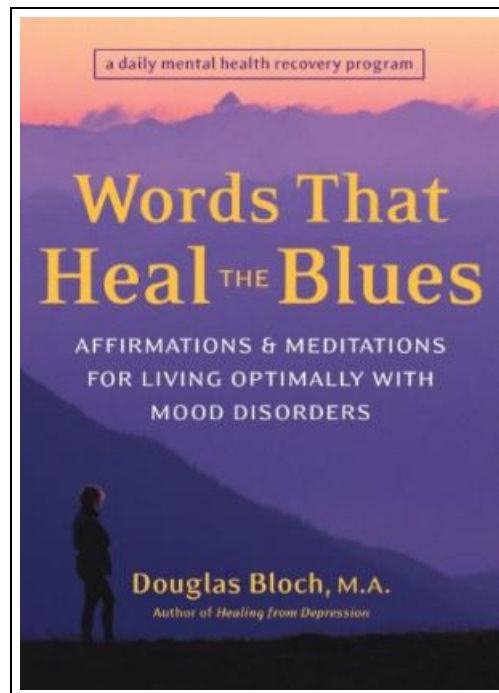


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CELESTIAL ARTS, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Affirmations (positive self-statements) are a simple and time-proven way of redirecting the mind to accentuate the positive. When you turn your mind to something positive and life affirming, the negative has no place in your mind to dwell. It s as if the neurons literally light up a different pathway or circuit in the brain. The repetition of affirmations over time will change negative, fear-producing thoughts into positive, uplifting ones, thereby leading to a change in mood. --from the IntroductionEvery thought produces a neurochemical reaction that in turn affects the way we feel. With this in mind, author and counselor Douglas Bloch developed a daily program of self-care strategies to enhance one s mood. Based on his best-selling book **WORDS THAT HEAL**, **WORDS THAT HEAL THE BLUES** uses the power of daily affirmations to alleviate the painful symptoms of depression, anxiety, addiction, and other mood disorders. Each day includes a self-care lesson, a series of affirmations, and an activity to help transform the lesson into positive action. These healing words will comfort and inspire you to let go of fear and worry, and let wellness and harmony into your life, one day at a time. Includes a 30-day program for alleviating depression, anxiety, and negative thoughts and feelings, from the author of **HEALING FROM DEPRESSION**. According to the Surgeon General, 22 percent of all Americans experience a mental or emotional disorder in any given year, and 50 percent do so in their lifetime. Lessons include Setting the Intention to Heal, Letting Go of Worry, Overcoming the Stigma of Depression, and Finding Your Purpose. The original Words That Heal sold more than 85,000 copies and has been translated into five languages.



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