



## Well Managed Mind: The Ultimate Guide to Empower Yourself Get What You Want in Life (Paperback)

By Dana Ritchie

Dr Emotional Enlightenment Services Ltd., 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. MASTERING SELF CONFIDENCE!!! Do you have fears you can't seem to resolve? Do you feel overwhelmed with life and find it hard to get things done? Does a lack of direction make you feel lost and sad? Well managed mind is a revolutionary technique developed by Dana Ritchie that combines Chinese medicine, acupuncture, cognitive behavior, psychology, self-talk, and visualization into a powerful and effective tool to resolve negative memories and experiences and cultivate your own personal power. A competitive skier as a teenager, Dana was knocked unconscious and broke three vertebrae in a car accident and told she would never ski competitively again. Years later, her son experienced an accident on the slopes - he went over a cliff, and miraculously survived without a scratch. After witnessing her son slip over the edge, Dana suffered from a string of panic attacks with post traumatic stress disorder. Only through Well Managed Mind was she able to clear her past and reprogram her subconscious, gaining confidence and ultimately transforming herself into the happy and successful person she is today. Dana teaches...



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