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| Autore | Murphy Joseph |
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| Sommario/riassunto | <p>Dr. Joseph Murphy's classic book The Power of Your Subconscious Mind was first published in 1963 and became an immediate bestseller; it was acclaimed as one of the best self-help guides ever written. Following the success of this work, Dr. Murphy lectured to thousands of people around the world, and millions tuned in to his daily radio program. In his lectures, he pointed out how real people have radically improved their lives by applying specific aspects of his concepts. Now, these lectures have been combined, edited, and updated in six audio books that bring Dr. Murphy's teachings into the 21st century and provide listeners with his proven tools on how to program their subconscious minds so that they can radically improve their lives. In this audio book, Dr. Murphy teaches you how to use the power of your subconscious mind to overcome negativity and low self-esteem. If you're feeling tense or depressed and worry that no one appreciates you and people look down on you, you can learn that you are the master of your life and the ruler of your mind. You alone-not others-are responsible for your reactions, thoughts, feelings, and emotions. You don't have to let anyone have power over you. Following the guidance provided in these pages, you'll discover how to love yourself and open your soul to freedom from domination; peace of mind; and a joyful, rewarding life.</p> |