

1. Record Nr.	UNINA9910162661103321
Autore	Kerr Miranda
Titolo	Treasure Yourself
Pubbl/distr/stampa	Carlsbad, : Hay House, Inc., 2010
ISBN	1-4019-3370-X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (276 p.)
Disciplina	155.2/32 158.1
Soggetti	Leadership Self-actualization (Psychology) Sensitivity (Personality trait)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover Page; Copyright Page; Title Page; Table of Contents; Introduction; Life Lessons; Step Out With Confidence...; Red for Passion...; Mirror, Mirror, on the Wall...; You Are What You Eat... and more!; It's All About You...; The Green-eyed Monster; Relationships Are Your Strengths...; It's Like Magic...; Don't Forget to Say 'Thank You'...; The Glass is Always Half Full; Dream Your Way to Success...; Affirmations I Love
Sommario/riassunto	In Treasure Yourself, international supermodel Miranda Kerr offers her own view on how her generation and those following can achieve greater health and happiness. Miranda believes that one of the most powerful tools to facilitate change is positive affirmation and she has collected over 100 affirmations from some of the world's most inspirational authors including Louise L. Hay, Wayne W. Dyer, Deepak Chopra and many more.