

1. Record Nr.	UNINA9910825852803321
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Titolo	Better choices, better decisions, better living : higher level thinking with conscious behaviors / / Frank C. Auenson
Pubbl/distr/stampa	Chicago, Illinois : , : Total Publishing, , [2019] ©2019
ISBN	1-63302-176-9
Descrizione fisica	1 online resource (96 pages)
Disciplina	327.120971
Soggetti	Decision making
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Title page -- Copyright page -- Table of Contents -- Foreword -- Making bad choices and decisions -- What is Conscious Behavior -- Getting Over the Past and Embracing the Future -- Changing Your Approach to Life -- Fixing Relationships -- Making Peace with Yourself -- Dealing with Anger and Anxiety -- How to Overcome Depression -- Changing Your Habits -- Practicing self-control -- Making Wise Choices -- Changing Direction For a Better Life -- Replacing Negative Thoughts with Positive Ones -- Stop Being Lazy -- Unleashing Your Potential -- Learn to Take Action -- Finding Motivation -- How to Stay in Constant Change -- Discovering Your Emotional Intelligence -- Final Thought -- Appendix A -- Appendix B -- About the Author -- Connect and work with author -- Notes.