

Mind Over Mood Change How You Feel By Changing The Way You Think

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in his speech at the annual banquet of the royal academy in 1894 among many other good things mr andrew lang said the thrifty plan of giving us sermons politics fiction all in one stodgy sandwich produces no permanent literature produces but temporary tracts for the times fortunately we have among us many novelists young ones luckily who are true to the primitive and eternal the fijian canons of fiction we have oriental romance from the author of plain tales from the hills we have the humor and tenderness certainly not fijian i admit which produces that masterpiece a window in thrums we have the adventurous fancy that gives us a gentleman of france the master of ballantrae micah clarke the raiders the prisoner of zenda the last of these books was by anthony hope hawkins whom mr lang thus classed among potential immortals this romance has made him within the last three months fairly famous walter besant too has stamped it with his high approval and the english and american press have been unusually unanimous in their praise

this book offers sixty seven powerful techniques to embrace each challenge with courage love and grace it shows you how to not only cope with change but master it

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