



MindWipe: Dealing with Stress, Anger, and Ego

By Eric S Piotrowski

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 88 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. A small, simple guide to dealing with stress, anger, and ego. With ordinary language, insight, and humor, this book explains mindfulness and provides specific ways to confront the destructive forces of anxiety, tension, and self-deception. Special sections focus on mindful video gaming and stress-management for teachers. This item ships from La Vergne, TN. Paperback.



READ ONLINE
[4.17 MB]

Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- Romaine Rippin

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lyda Davis II

Other Books



Biology: Exploring Life Laboratory Manual

PRENTICE HALL, 2003. PAP. Condition: New. New Book. Shipped from US within 10 to 14 business days. Established seller since 2000.



Sunny Says

Bantam Classic & Loveswept, New York, New York, U.S.A., 1992. Soft Cover. Condition: New. First Printing. A Loveswept paperback romance #584, printed December 1992. Condition is new with only light shelf wear, Kal. *We have other titles in this genre in stock and give...



Protocol (Paperback)

Lulu.com, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Thirteen Quaint, Analytical Essay-Snippets Addressing the Politics of Business Inter-Relations - Using the Business Dynamic as a Lens for Examining Social Interaction; A Focused, Forensic...



Just the Way You are (Amazing): SA (BAR/A) Piano (Paperback)

Faber Music Ltd, United Kingdom, 2011. Paperback. Condition: New. Language: N/A. Brand New Book. Choir Rocks! Just The Way You Are (Amazing), is the ultimate choral arrangement of Bruno Mars's third biggest selling single of 2010. It made history by becoming...



Autodesk Revit 2017 (R1) Structure Fundamentals: Autodesk Authorized Publisher (Paperback)

Ascent, Center for Technical Knowledge, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. To take full advantage of Building Information Modeling, the Autodesk(r) Revit(r)2017 (R1) Structure Fundamentals student guide has been designed to teach...



100 Interactive Activities for Mental Health and Substance Abuse Recovery

Wellness Reproductions. Condition: New. Spiral-bound. Worldwide shipping. FREE fast shipping inside USA (express 2-3 day delivery also available). Tracking service included. Ships from United States of America.
