

# Head Case Treat Yourself To Better Mental Health

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francine huss spent years working with the best and brightest creative professionals to become an expert on the creative process after she started creating her own miracles she realized she could help others harness their natural creativity to create the life they deserve in think better live better francine shows how the power of creative thinking can produce new results in your life or your business this book features the five step treatment

a self talk technique to shift from wanting to having lack to plenty discouraged to confident connect with creativity and new possibilities create a thriving mindset that thinks believes and expects better your thoughts can produce stress suffering loneliness or misfortune better thoughts can create confidence happiness and prosperity harness the creativity of your thoughts and shift into a whole new level of personal and professional power think better live better simplifies timeless proven concepts making it easy understand how you can work with life so life works for you live better dream bigger and create possibilities you never imagined even miracles in the process you may realize how much your best life matters to a better world

the only system designed for everything that today s modern women handle most time management systems don t succeed for working women why quite simply they don t understand our specific needs and the wide variety of tasks we find ourselves facing each day ruth klein has been coaching working women for years on how to manage their time and she has the answer for today s working women time management secrets for working women will show you how to make the most effective use of your time so you can succeed in the workplace and get organized beyond your wildest dreams filled with practical tips and advice this book helps with time management keys such as o what constitutes a real emergency o dividing work home and personal time o understanding the need for control o organizing your desk to reflect priorities o learning to relax while still getting things done while the demands on our time won t go away that doesn t mean you can t rise above them ruth klein will show you how to eliminate the stress and get the best out of each day ruth klein runs the marketing time source a performance strategic firm providing marketing public relations communications time management sales and personal coaching to businesses professionals moms and college students

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