

**MINDFULNESS FOR THE TYPE A SOUL** Allen knocks it out of the park this time! This book goes right to the heart of that person who has ever struggled and been out of balance because of perfectionism and a need for control. You made the plan, you did the work, you achieved it –“ but somehow it falls short! You may have left a trail of bad relationships in your wake or you are just deflated by the ravages of stress on your life. It can all change right now! High Praise for **MINDFULNESS FOR THE TYPE A SOUL**: ? This is a great book for anyone who finds themselves struggling....and who would like to have access to a simple, yet effective guide for overcoming their problems ? ...uplifting and insightful ? the author equips you with many tools in order to maintain a balanced and healthy lifestyle when you have a type A personality ? I found the very clear description of why to practice mindfulness, followed by the practical step-by-step approach to **HOW** to practice it, both empowering and helpful ? Thank you for this book! Excerpt: –œIt is important to recognize that many Type A traits are healthy and can work well for the individual. The combination of some of these behavior patterns can in fact be a recipe for success. A conscientious person who is a high achiever with strong leadership skills may make an amazing leader in business or any other pursuit. However, if achievement equates with a tremendous amount of stress in your life, then it can lead to physical and emotional disaster. If you have strong Type A tendencies and believe that you are out of balance in your life as a result, you need to actively seek ways to cope with these challenges - it could save your life.â€•. **MINDFULNESS FOR THE TYPE A SOUL** covers: - What is Type A Behavior? - Coping Strategies - Why Mindfulness? - Practical Steps and Exercises - Mindfulness in Body - Mindfulness of Thought - Mindfulness of Emotions - Mindfulness in Communication - Track Your Success and Improve Your Technique If you have ever felt the pain of isolation brought on by a compelling need to control every small detail of your life and work environment....If you know that you are too rigid in your expectations of yourself and others but have never been able to resolve it.....If you feel like a square peg in a round hole, then this is the book for you! Scroll up and download your copy today!

**STRAVINSKY HISTOIRE DU SOLDAT - AUTHORISED NEW EDITION 1987 ST SC** (English, French and German Edition), Large Print 2012 Wall Calendar, How to Grow Your List in 30 Days, Where Evil Waits (Mann Family), The Wizard of Oz Cookbook: Breakfast in Kansas, Dessert in Oz, Making & Using Flavored Vinegars: Storeys Country Wisdom Bulletin A-112 (Storey Country Wisdom Bulletin), Lingenieux chevalier Don Quichotte de la Manche (French Edition), Wolfs Wind, Rat-a-Tat Cat (Gateways to the Sun),

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[MINDFULNESS FOR THE TYPE A SOUL: Using mindful meditation to achieve success without the stress \(Mindfulness, meditation, stress relief, Type A personality, ... mindfulness for beginners Book 2\)](#)

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