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## Mind Games

*Joan Leslie Woodruff*

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#5249122 in Books 2012-10-22 2012-10-22Original language:EnglishPDF # 1 9.00 x .21 x 6.00l, .30 #File Name: 147728229784 pages | File size: 17.Mb

**Joan Leslie Woodruff : Mind Games** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mind Games:

1 of 1 people found the following review helpful. Insightful!By KarenExcellent writing by Joanie Woodruff, who approaches how to work with depression and mood swings with a practical and easy-to-follow plan. I found it beneficial in helping me with everyday stress factors and heartily recommend reading it and implementing the program. It really works!!1 of 1 people found the following review helpful. It WorksBy bobgYou are what you think. If you immerse yourself in negative, hurtful thoughts, you won't be happy. My wife bought this book for me, because I

had become someone other than the generally happy, relaxed guy she married. I wanted to change, so I sat down in earnest with Mind Games. It's a 28 day program of thought and introspection, with a new thought exercise each day, so I started on the 1st of the month to keep my days straight. This process really works. It has been several months since I finished, and I continue to feel positive and refreshed, even starting a few new initiatives. I'm happy, my wife is happy. If I find myself drifting into a negative wave, I know how to dispel it with a smile. Thank you Joan, for putting your knowledge to press. 1 of 1 people found the following review helpful. A Workbook that really WORKS! By Honey Bunny Even though my body had healed from cancer surgery and chemotherapy, I was still suffering from a wounded soul. I hadn't realized the depth of the trauma until Joanie's book changed everything. It wasn't easy working through my emotional pain but with the gentle direction found in Mind Games, I was able to liberate myself from the heavy weight that continued to plague me. I feel so free and happy and grateful to Joanie's insightful workbook.

Most recent book was written with you in mind. From page one, MIND GAMES uses specific assignments which cut through all the guesswork. Targeting how your brain works, how you think, feel and react, these exercises gradually bring peace and understanding to you about yourself. Each assignment compassionately walks with you to completion (28 days to a better you). Ruts kept you stuck in the mud? This book throws you a rope, putting those ruts in the rear view mirror. If you've ever spent thousands of dollars on workshops, therapy and self help books, and still don't know how to feel better, you need this book. The tricks are easy. Your brain plays them on you all the time. Now you can play to win MIND GAMES. Special note: if you are a parent, grandparent or teacher, you'll want to teach these skills to your children and students. Their success and their peace of mind may very well be a result of these skills. Add a few extra books to your order and share them with people you care about.

"Author Joan Leslie Woodruff, MA, OTR, has written a new book, "Mind Games," published by Author House, a division of Penguin Group, which outlines a 28-day program that promotes enhanced mental and emotional well-being within one month." - Deborah Fox, News-Bulletin Staff Writer, Valencia County News-Bulletin, New Mexico. "You are what you think. If you immerse yourself in negative, hurtful thoughts, you won't be happy. My wife bought this book for me, because I had become someone other than the generally happy, relaxed guy she married. I wanted to change, so I sat down in earnest with Mind Games. It's a 28 day program of thought and introspection, with a new thought exercise each day ... It has been several months since I finished, and I continue to feel positive and refreshed ... I'm happy, my wife is happy. If I find myself drifting into a negative wave, I know how to dispel it with a smile ... "   
nbsp;from bobg.