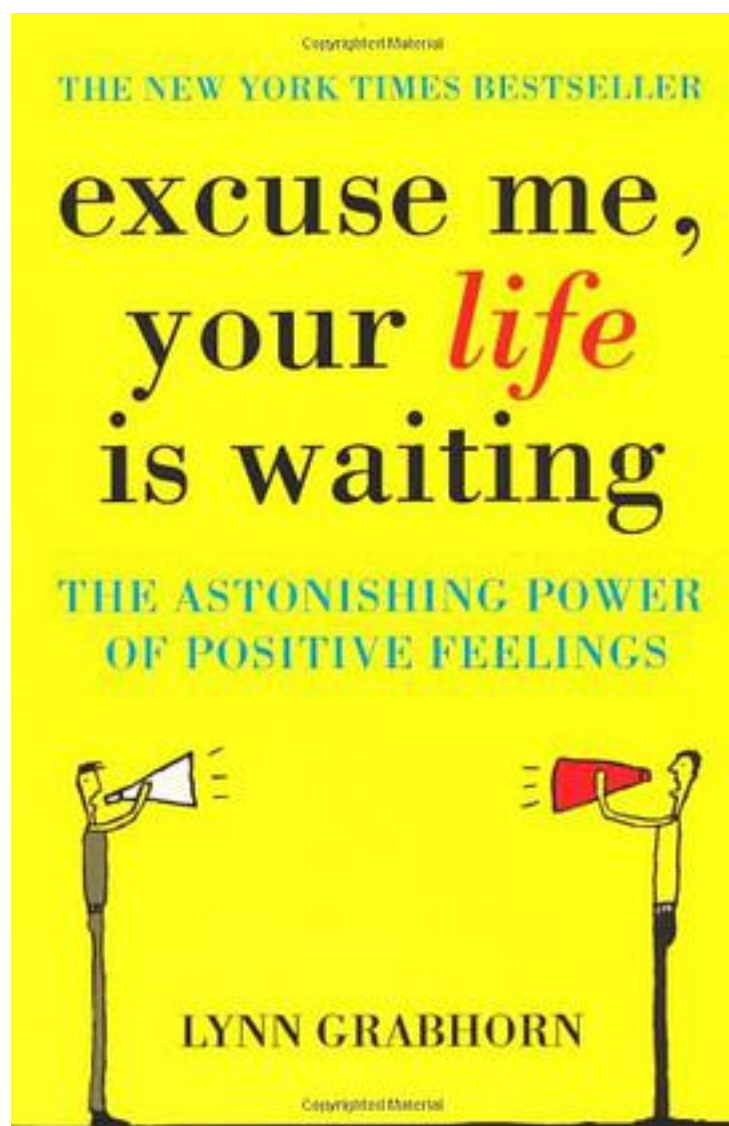


Excuse Me, Your Life Is Waiting



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We all know how strong our emotions can be - but do we really appreciate that they can actually help us to achieve what we want? We sometimes disregard our feelings and carry on living life the way we have always lived it - but our emotions are in fact the key to finding a life that is the way we always dreamt it would be. Top life coach and author Lynn Grabhorn helps us to realise how negative feelings create negative energy and events, then presents the techniques we can use to recognise these negative emotions, change them into positive ones - and watch the transformation begin. Written in a clear, friendly, direct style and with real-life anecdotes as examples, this book uncovers the real strength behind our emotions - and will help everyone who has ever wanted to turn their life around to achieve their true desires.

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评论

这种书一般都是陈词滥调，或者说这个行业认为的宇宙真理，但是这个绝对是独创的。我无意判别它是真理还是胡说，做就好了！

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书评

Lynn Grabhorn是美國當紅的勵志作家，這本《Excuse Me, Your Life Is Waiting》也是登上各大排行榜的暢銷作品。這本書的理念相當簡單，Lynn

Grabhorn提出了一種「吸引力法則」，作者認為人只要保持著對於生命感到高興與感激的狀況，隨時保持的感恩的正向心情，生命中一切不順...

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