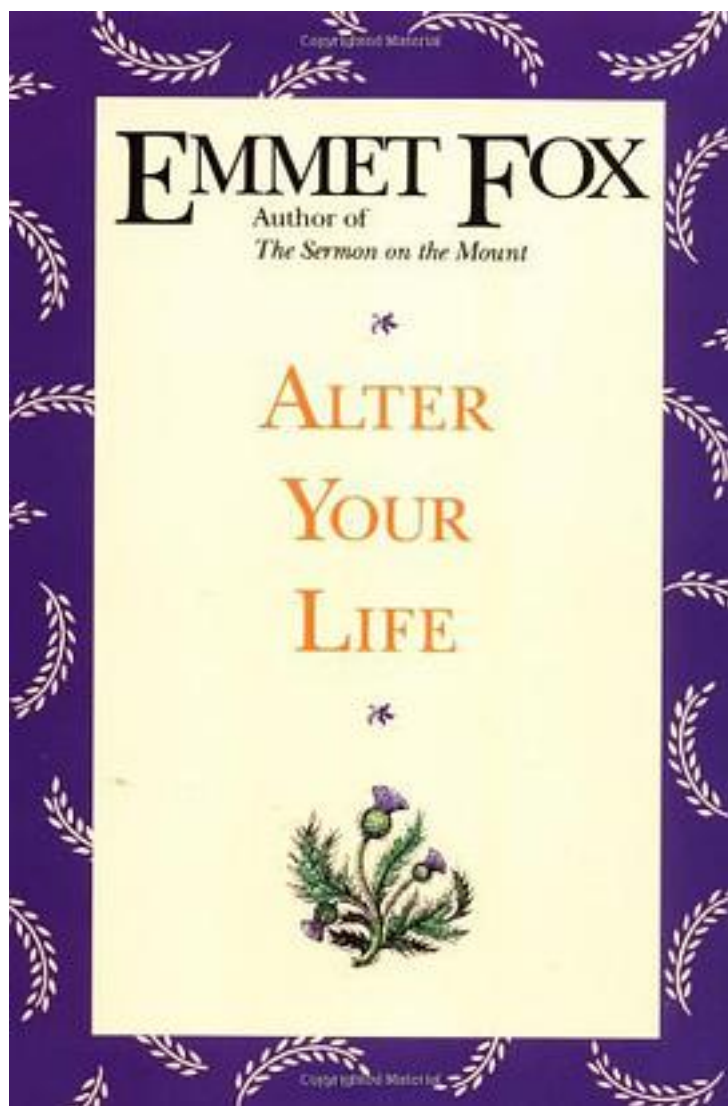


# Alter Your Life



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著者:Fox, Emmet

出版者:

出版时间:1994-2

装帧:

isbn:9780062508973

A rousing action program for  
overcoming adversity and taking charge of life

-- by one of our century's greatest mystics. For unhappiness, frustration, loneliness, and other afflictions of the spirit, Dr. Emmet Fox prescribes a powerful remedy based on the life and message of Jesus. In *Alter Your Life*, Fox explains that these "dreary" problems are actually bad habits of mind -- habits from which we can free ourselves. "There is no necessity for anything but success, good health, prosperity, and an abounding interest and joy in life," Fox writes. Through a series of brief meditations, Fox shows us how to exchange our bad habits of mind for the healthy ones demonstrated by Jesus. Based upon biblical texts, *Alter Your Life* offers a progressive, life-changing course designed for all readers, whether or not they have read a religious book before.

作者介绍:

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