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Picture this: Say you've triumphantly completed a huge project and afterwards you sit down and think, " "

Hideous, isn't it? Life coach Christy Whitman says it's only when you turn the worry concept around

Still, most of us cling to worry as if it is a sort of immunisation that will take the sting out of worst ca

Mary Morrissey talks about the feeling of perfect bliss when looking at your sleeping baby and then

Have you ever thought, "This moment is so wonderful. I wonder when the next shoe is going to dro

Well, join the club. We all tend to go from bliss to bleeuugh in ten seconds flat. Thankfully, there are ma

Mary calls it "notice what you're noticing": You pause, step back and notice the thoughts you're ha

When you notice the train tracks your thoughts are on, you can decide if you want to go where tha

With each passing moment, you are given countless chances to choose what you think (and hence

This method is the brainchild of Lester Levenson. In 1952, at age 42, Lester had his second coron

Lester's basic assumption was that we're only limited by the concepts of limitation we hold in our m

Lester explained it like this: Pick up a pencil. Hold it in front of you and grip it tightly. Pretend this is

Now, open your hand and roll the pencil around in it. Notice that you're the one holding on to it; the

We wrongly believe that feelings hold on to us. We even start identifying with them. For example, w

If you walked around with your hand open, it would be very difficult to hold on to the pencil. Likewis

When you magnify the pencil large enough, you'd be looking into the gaps between the molecules

So, let's do this dive, girlfriend. It will hurt less if you lead with your heart, not your head. After all, Le