

Bibliographic Information

Title: Mindful Peaceful Joyful - Restoring our minds to transform our lives

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Genre: Christian life and practice | Self-help and personal development

ISBN: 9781782284550	Publication Date: May 2018
Edition / Formats: 1 st / Print & eBook	Book Size: 203 x 127, 58pp
Price: UK £5.00	Imprint: Pneuma Springs Publishing

Sales and Distribution:

Pneuma Springs Publishing

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W: <https://www.springleafbooks.co.uk>

Restoring our minds to transform our lives

Mindful Peaceful Joyful



ANGELA
SPENCE

Change your thoughts - change your world

We often don't see things as they are. We see things as we are. Our happiness is not a function of what befalls us but the way in which we take it. That is why we *must* change the way we think.

Minuscule changes in input can make macroscopic differences in output. Making small personal changes can often make a huge difference in a person's life. This short book will introduce you to simple techniques and guide you to make those small changes that could make a big difference to your everyday life - to help you enjoy your life and to be more mindful, peaceful and joyful.

...Find out more...visit book web page

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