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How Your Mind 10/17/06 8:27 AM Page e. I am not a writer. I am an actress, and throughout my professional career, I have been dependent upon the words of others. Therefore, the task of writing a foreword to this ... 1 How Your Mind Can Keep You Well. understanding. 2. of understanding. 3.

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desire, you have to start making changes in your mind. You need to change your thoughts. Shaping your external life starts from within, in your mind. You need to start thinking about what you really want, not about the things you do not want. It is like playing a new movie in your mind, which you like more than the current one.

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and indeed their lives, we can't always wait for science to catch up and publish research, maybe ten years later, showing that what many believe to be true "that the mind can heal the body" actually is true for that specific illness. People don't always have that long. It would be more of a mistake for me to write that the mind can't heal the body, at least until the day science discovers that it can.

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mind. By borrowing freely from a wide variety of scientific and spiritual sources, and by applying his own shrewd observations and insights, he has developed the first straightforward and successful program for developing mind power. In 1978 he began teaching people the principles he had formulated, and by 1980 the phenomenal ...

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