



**Mindfulness Bundle: Pleasure Your Mind
Everyday + Mind Control Over Negative Emotions
And Thoughts: Mind: 8 Techniques In Pleasuring
Your Mind And Eliminate Negative Self-Talk And
Permanently Stop**

D.D. Tai

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How to Pleasure Your Mind – More Techniques and Stimulating Exercises for your Brain!

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Negativity starts in the mind and this book will show you how to divert it from bad to good!

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