



Sanity Is Sexy: Mantras to Inspire a Healthy Mindset

By Diana Antholis

Diana Antholis, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.You want to love your life, find happiness, and feel whole. You want to see the world in abundance, have the confidence to actualize your goals, and feel light-not letting stress and self-doubt slow you down. Only you are fighting yourself every step of the way, adding pressure to get ahead faster and sabotaging yourself into thinking you re not good enough. You re searching for the secrets everywhere, except the one place you can find them: in yourself. KNOW WHO YOU ARE. LIVE IN YOUR REALITY. LET IT BE EASY. KEEP YOUR SANITY. Feeling comfortable, confident, and sexy in your own skin is hard work. It s even more challenging when day-to-day life pulls on your focus and drags you down. In Sanity is Sexy, you will find 40 powerful mantras to use anytime you re clouded with the stress, emotions, and fears life throws at you. This is your manual for creating the mindset necessary to unleashing your sexiest, most confident self. With this book, you will: -BELIEVE IN YOURSELF: finding the keys to happiness,...



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