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Silent Think Time: How to Bring Virtues Back Into Our Home, Schools, Counseling and Work

By Karen Zalubowski Stryker

Outskirts Press, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.SILENT THINK TIME (STT) describes positive thinking, scientific body energy studies, breathing and physical exercises, ego release, Qi, chakras, Quantum Mechanics, and shows you how to set up a STT room, as well as sayings, poems, and affirmations. STT is a meditative practice for children and adults, drawing on Eastern thought and other spiritual beliefs. By applying these lessons, you can help change the quality of our homes, education, workplaces, institutions and organizational systems. Technology has advanced thousands of times faster than our true understanding of ourselves. The result is a greedy, violent world filled with emotionally numb, chronically sleep-deprived, ill-fed, and imbalanced people. SILENT THINK TIME can help you, as well as your spouse, children, students, coaches, clients, employees, veterans or inmates learn to behave in ways that are positively centered, emotionally balanced, peaceful, respectful, polite, self-controlled, patient, and understanding. Doing STT daily lessons will fuel a loving sensitivity toward others, serene composure, clearer thinking and a blissful enlightened mood. By reestablishing your intuitive self, STT keeps its practitioners positively motivated toward the correct pathways in...



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