# Help Your Mind to Change: Seeds for the Change (Paperback)



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(Lawrence Keeling)

## HELP YOUR MIND TO CHANGE: SEEDS FOR THE CHANGE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Rapid and conspicuous socio-cultural changes always have a strong impact on human life and a significant influence on mental health... the cultural system introjected during the first years of life tends not to modify. It is the central nucleus of psychology The author has held a series of conversations with persons who are no longer young but are not resigned to taking back seats. She has explored with them the current changes in society, researching the essential capacities to face new challenges, different circumstances and societies of the contemporary world. These debates, rich in interrogatives, at times rather disturbing, and with surprising answers have paved the way to a better understanding of ourselves and of the world around us, even though it appears so different. The informatics cyclone has disorientated us but it also proposes a life with rhythms and conditions dictated by independent choices of the individual lending opportunities of expression of creative potential that exist in all of us at any age. In this revolutionary panorama, it is easy to be left out but what really counts is not to be left out within . Do not turn off the light. Do not turn off the inner light.



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