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## A Mind for Life: The Awareness Journey

By Mark Abraham

A Mind for Life, LLC. Paperback. Book Condition: New. Paperback. 366 pages. Dimensions: 9.0in. x 6.0in. x 0.8in. The single most impacting factor in our lives is our state of mind and the resulting emotions these states create. Everything we do, the frame of mind we are in, and the subsequent thought processing these states create, govern our overall life experience. Even when we are in the midst of the worst experience of our life, it is our state of mind that dictates whether we respond with courage and with the will to survive or we end up instead feeling terrorized, demoralized and defeated. The same is true for the favorable times in our lives that often pass right by us without recognition. We get so preoccupied with the vision of obtainment and with the fulfillment of all our needs that we seemingly forget all about what we already have acquired and can enjoy. There is a sick, self-defeating logic to this as we keep collecting and collecting and never really enjoy life. Often we fail to realize that life experience is one of the greatest assets we collect as we move through our lives. Awareness and the notion of being...



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