

The Mind is Willing is based on the world-famous Mind Mastery course that has given people the power to make positive changes in every aspect of their inner and outer lives. You will develop total control of your mind, body, emotions, and behavior. Plus it will give you the ability to command any desired outcome! Here is the fastest, easiest method to change your life today! • Tap in to your psychic power and learn how to employ it for that extra edge in all situations. • Develop the kind of confidence and life skills that assure success in every life endeavor. • Stress proof yourself. • Get in control of yourself and become the you you choose to be physically, mentally, emotionally, and behaviorally. • Tap in to your subconscious resources and powers to actualize your potential. • The founder of The Elaine Kissel Hypnosis Center shares the formula of her teachings. Kissel, a happily married mother, was supposed to die decades ago. The doctor told her that she had six months to live. Instead, Kissel willed herself to live by becoming increasingly attuned to her subconscious mind. Her teachings are grounded in common sense. She lays out an effective step-by-step plan to put her words into action. An inspiring self-help guide. • Kirkus Discoveries • Elaine Kissel provides detailed, incisive instructions about how to direct the laser beam of attention. It is a powerful book. • Jeffrey M. Schwartz, MD, author of Brain Lock and The Mind & the Brain

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A fantastic book on sculpting your mind and your life in the pursuit of mastery. It directed you toward activities and subjects that fit your natural inclinations, that sparked a . thinker, prepared for the creative challenges on the way to mastery. 9 Ways To Become The Master Of Your Own Mind linked with healthy gene activity, whereas hedonic, or pleasure-seeking, happiness was not. people are drawn to mind wandering and willing to invest nearly 50 percent. Mind Mastery Meditations are very different from other meditation approaches. .. Here is a rapid way to decrease general physical tension in your body. .. A healthy, full term child born into a family who wants him, of a mother who has.

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wandering nature of their mind, and the readiness with which it gets trapped in old . obstacles along the way that can easily detour us unless we are willing to.

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