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בדרך למטרה עוזרים במחשבה - מאת אלדואי כהן - 14300					

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בדרך למטרה
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**בדרך למטרה עוזרים במחשבה מאת אלדואי כהן
by Elroi Cohen (Niv) בדרך למטרה עוזרים במחשבה**

invites you to an emotional journey of thought. The role of thought is to lead us to a certain behavior, and the role of emotion is to bring us closer to our environment and to understand others. But we all have negative thoughts that affect us, like sadness, depression and anxiety, and they take up a lot of space in our minds and in our lives. How do you overcome those negative thoughts? How do you focus on positive thoughts such as joy, happiness and love? The book focuses on treatment methods and deals with the mental and emotional difficulties we experience every day. It gives us a chance to re-examine our way of thinking and gives us tools to experience life in a healthier way.

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