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HOW TO FEEL GREAT ABOUT YOURSELF



W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, How to Feel Great About Yourself, Steve Wharton, Throughout life we are managed by our subconscious, using programmes laid down in childhood. These programmes create comfort zones - not all of them good. For example, if you were indulged with sugar as a child, then that's what's going to make your subconscious comfortable today. And subconsciously you will be continuously urged to maintain these bad levels of sugar. "HVT"...

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- Authored by Steve Wharton
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