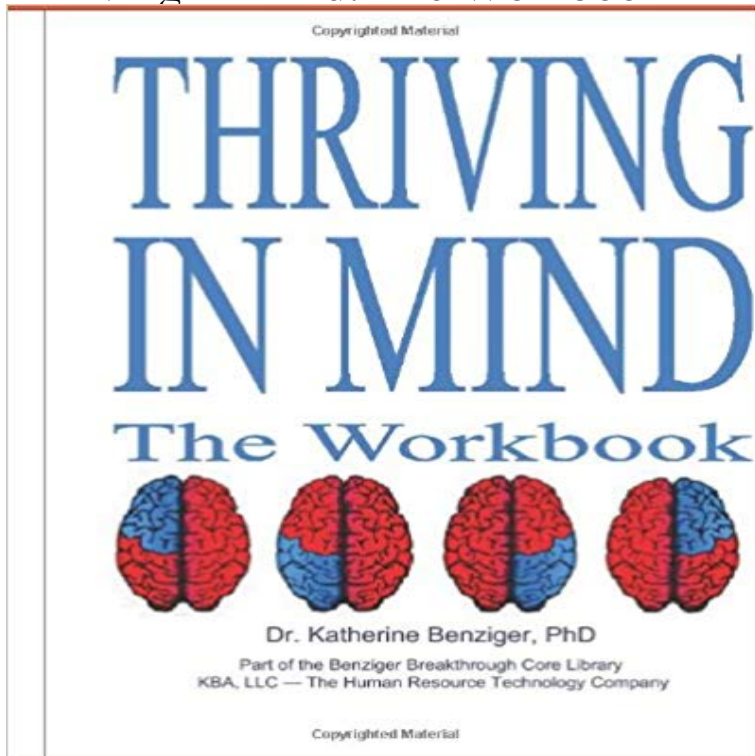


Thriving in Mind: The Workbook



Filled with an abundance of fun exercises that help you apply the content of Thriving in Mind to your own life. The workbook is designed to be done as you read the book itself as there are several exercises to help you better understand as well as apply the content of the book to your life. (Black and White version)

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