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The Dark Side of the Mind: Stories of Love, Courage and Transformation

Alba Alamillo

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The Dark Side of the Mind: Stories of Love, Courage and Transformation Alba Alamillo
Are you suffering from self-sabotage, self-harm, low self-esteem, frustration and a lack of healthy boundaries? This book is about understanding that side of our minds that simply doesn't want to cooperate. The moment we understand how it works, we can turn it around and make it an ally instead of an enemy. That part of our mind is frequently underestimated because, while it has our best interests in mind (no pun intended), it operates in an outdated fashion, because it still thinks we live in the Stone Age. With this book, you will understand the real workings of that powerful mind of yours, and you will be able to easily change the beliefs that have been holding you back. You will not only learn a lot, you will love the anecdotes and laugh in the meantime.

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