



## Mind Laundry: Smarten Up the Way You Think to Achieve the Goals You Want (Paperback)

By Gerry Kushel

Thorogood, United Kingdom, 2004. Paperback. Book Condition: New. 230 x 154 mm. Language: English . Brand New Book. This book aims to teach the reader how to get rid of messy, negative thoughts from their mind and make sure it s clear and receptive to positive ones as well as ridding themselves of low esteem and obsessions.



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