



# The Tibetan Art of Positive Thinking: Skillful Thought for Successful Living

*Christopher Hansard*

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## **The Tibetan Art of Positive Thinking: Skillful Thought for Successful Living** Christopher Hansard **The Tibetan Art of Positive Thinking**

Tibetan Bön medicine is one of the world's oldest and most sophisticated systems of healing -- and the only one endorsed by the Dalai Lama. In *The Tibetan Art of Positive Thinking*, Christopher Hansard draws upon the practices and principles of Bön, along with his own knowledge of Tibetan teachings, to offer a series of simple, soulful meditations and exercises that can help you achieve spiritual, emotional, interpersonal, and professional success. You'll learn how to:

- **connect to the energy of positive thought -- one of the most powerful energy resources**
- **trust your inner wisdom and make decisions with greater ease**
- **confront your fears, accept disappointment, maintain hope**
- **enhance your relationships by giving unconditional love and helping others**

...and much more. *You are what you think* -- and with this book as your guide, you can direct yourself toward greater freedom, meaning, and lifelong happiness.

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