



Says Who?: How One Simple Question Can Change the Way You Think Forever (Paperback)

By Ora Nadrich

Morgan James Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. If there is an overriding philosophy that Ora Nadrich ascribes to, it is this: you can help yourself solve your own problems, you can do it daily, and the process doesn't need to be complex. Flying in the face of the often oblique language of the self help movement, Ora, a certified life coach with a thriving practice in Los Angeles, prides herself on not only having devised a method of self discovery and mindful practice that is simple, direct and applicable to everyone, but is also easy to understand and put to use. And, like brushing your teeth, can be done daily and take about as much time. Simplicity is her mantra. That philosophy forms the basis of, Says Who? How One Simple Question Can Change the Way You Think Forever, in which Ora vividly illustrates and breaks down her simple yet highly effective method, based on the principle that while we all face obstacles and negative thoughts in our lives, it is not enough to simply examine and be aware of them---we must question and challenge them in order to bring about...

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