



# Simple Thoughts That Can Change Your Life

*Gerald G. Jampolsky, Diane V. Cirincione*

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**Simple Thoughts That Can Change Your Life** Gerald G. Jampolsky, Diane V. Cirincione

From the bestselling author of LOVE IS LETTING GO OF FEAR comes an inspiring collection of mind-opening, life-affirming meditations that will break down barriers and gently push aside blocks that keep us from discovering our true natures. That one single thought can change our lives is a revolutionary and powerful idea. For although we see and hear with our eyes and ears, the way we experience life is ultimately determined by the way we think about or interpret what happens around us. If we follow negative thought patterns of anger and distrust, then our experience of life will be full of bitterness and disappointment. SIMPLE THOUGHTS THAT CAN CHANGE YOUR LIFE will teach you to embrace the ideas of forgiveness, sharing, communication, and love, creating limitless possibilities for a positive, nourishing, and successful existence.

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