



You Can Think Differently: Change Your Thinking, Change Your Life

By Caterina Rando

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Specially-devised exercises will help you create a positive mental attitude and gain total control of your mind. Shape your future with twenty stress-taming exercises, including simple ways to declutter, visualizations and affirmations. Shift your personal perspective so that you can make accurate and effective decisions, rely on your inner strength, enhance your sense of self worth, and increase your confidence. Nothing reflects your quality of life more than your thinking. Thinking shapes your beliefs and makes you decide how to act, or not to act. What you think can also feed your fears and fill you with reasons for not making the changes you desire. Learn to free your mind of negative attitudes and develop the power to focus and prioritize.

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Editorial Review

About the Author

Caterina Rando is a professional speaker and Master Certified Coach, the highest designation awarded by The International Coach Federation, as well as co-author of several leadership and business books. She is committed to helping everyone succeed - and it shows. Known for her dynamic, warm, uplifting and authentic speaking style, Caterina's passion, experience and business acumen consistently help her audiences achieve their goals. She holds a Bachelor of Arts Degree in Organisational Behavior, University of San Francisco, and a Master of Arts Degree in Life Transitions Counseling Psychology, University of San Francisco.

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