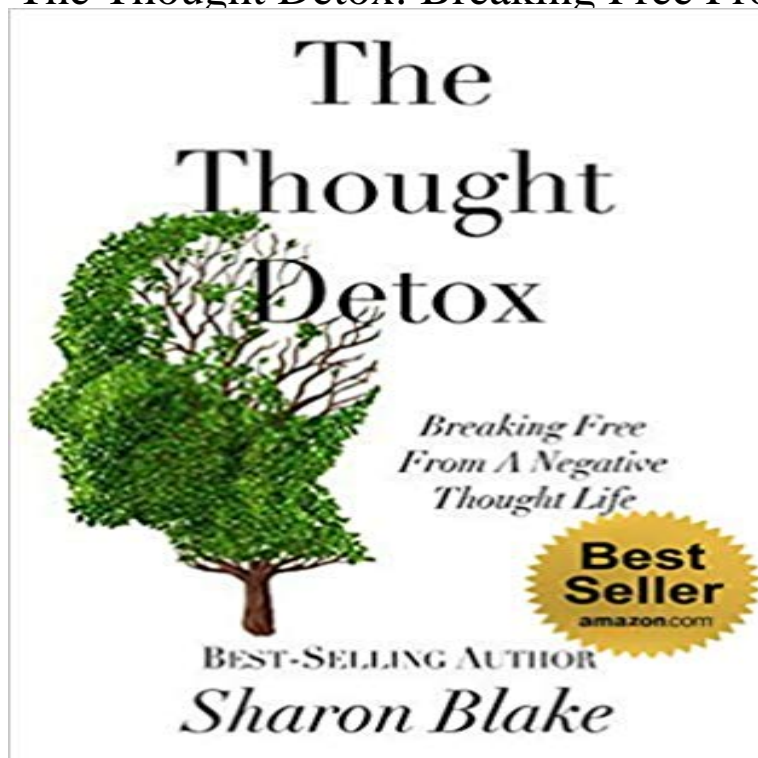


The Thought Detox: Breaking Free From A Negative Thought Life



This book not only names roots of Toxic Thinking, but lays out a pathway to move from being a victim to becoming victorious! -Dariel Brown- Licensed Therapist, Certified Life Coach, Addiction Specialist, Human Behavioral Consultant, Author, and International Speaker One of the hardest things I had to learn was the way I thought was literally killing me. My emotions took me to places I didnt like but I found myself in those places time and time again. I had to change and I didnt know how at first, until God started to show me my negative thought process. I started to see a pattern that I was truly unaware of. Now I am breaking free of my negative thoughts and you can too!

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