



Protecting Your Greatest Asset: Your Mind (Paperback)

By Merica Cox

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The greatest battlefield is the mind and the greatest human struggles occur within the mind. This fascinating and easy to read book offers a clearer understanding of these clashes, and shows you how to handle them to become victorious. This refreshing non-fiction book uses a colourful and eclectic mix of content (from bible quotes and stories to some very memorable everyday real-life anecdotes) to present its wealth of ideas and thought-provoking perspectives. It tackles such broad-ranging topics as the connection between spiritual and physical health, shares insights into the catastrophic consequences of drug addiction and peer pressure, and discusses the inner turmoil of the late Michael Jackson. Protecting Your Greatest Asset: Your Mind is an intelligent fusion of mental health awareness, religious references and modern-day evaluations. The author shares her findings and thoughts with clarity, authenticity and a directness which will compel you to keep reading - and, no doubt, reflect on your own life at times too.



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