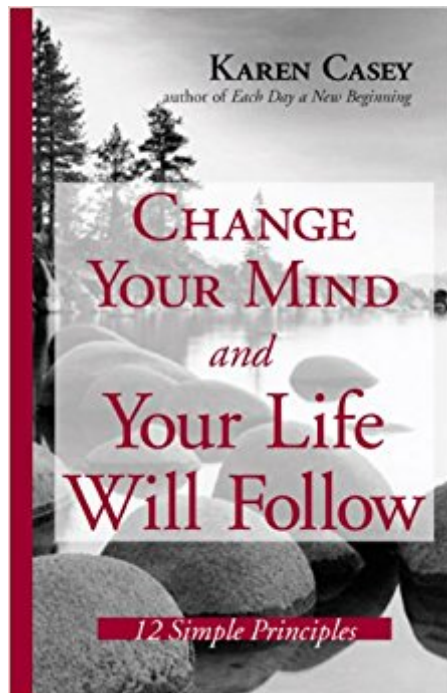




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# Change Your Mind And Your Life Will Follow: 12 Simple Principles



## Synopsis

Thirty years ago best-selling author Karen Casey (Each Day a New Beginning) wandered into a support group and learned there was only one thing she could change--herself! She found a group of people who had adopted this concept--and she joined them. The result? Change so profound Casey has dedicated much of her life to teaching others about it. Change Your Mind and Your Life Will Follow offers a dozen simple principles to live by. Each principle makes up a chapter. Each chapter includes meditation-style essays to help readers access peaceful, life-changing responses to just about any situation. It really is as simple as changing our minds. This little book will show you how.

## Book Information

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## Customer Reviews

Veteran self-help author Casey's gentle advice is anchored in a strong spiritual commitment. Having given up alcohol and drugs in 1976, she developed many of the concepts she advocates through attending 12-step support groups. Casey firmly believes that the work of someone's life belongs only to that person and to God, and that we should thus each tend only our own garden. From this conviction flow several of her principles, such as refraining from judging others, recognizing that you cannot change friends or relatives, and learning to focus primarily on your life's journey rather than on the opinions and actions of others. Casey recommends quieting the mind by letting go of your ego and looking for the lesson in every experience and encounter, whether positive or negative. Although many of the insights and techniques are not new, Casey's voice is thoughtful and accessible. Readers with a belief in the power of God will be most amenable to her

recommendations for a simpler, more rewarding life. (May) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Change Your Mind and Your Life Will Follow tells truth and tells it well. I recommend it." --Marianne Williamson, bestselling author "These simple steps can lead to a peaceful and meaningful life. Casey's self-help book is a winner!" --Frederick Brussat, spiritualityandpractice.com "This book is a must-read for anyone who cares about the quality of his thoughts and how being aware of them can bring positive change. " --Mary Porter, Science of Mind "Casey's voice is thoughtful and accessible. Readers with a belief in the power of God will be most amenable to her recommendations for a simpler, more rewarding life." --Publishers Weekly "This book is small, is easy to digest, and would likely be taken from the display shelf by someone needing a psychological boost." --Deborah Bigelow, Library Journal --This text refers to the Paperback edition.

I love Karen Casey's books. I have a few of her daily meditation books, but this is the best book of hers I've read so far! It's simple, to the point, and gives the best life advice. It has all the answers to life's problems, LOL! Just turn to it, and you'll find the advice you need to handle whatever is going on. It has helped me look at my problems calmly and avoid that "end of the world" mentality. I've been working on myself for years and read dozens of self-help books, but Karen's book is the only book I need from now on! There are 12 principles, but each one is broken down into several more, so there are more than just twelve. I'm going to buy this book in Spanish for my mom, who's had an anxious mind for 70+ years. I'm sure it will help her as it has helped me. I'm very grateful I came across this book on , while browsing for another book.

This is one of those books that I plan to read again and again. Karen Casey shares her recovery story to set the stage for the 12 principles she discusses. Much of her wisdom comes from her 30+ years in AA and recovery. But even if you've never had an addiction problem of any kind her gentle, practical wisdom applies. When I got the book I was going through a period of self-inflicted misery. The moment I was reminded to let go of judgment and control I began to feel better about myself and my life. By the end of the book, simply by focusing on those two principles I had experienced a total paradigm shift. The title tells it all: when you change your mind and mindset, let go of judgment, give up the illusion of control and make peace and kindness your #1 & 2 goals, life begins to work in unexpectedly positive and beneficial ways. As I said at the start I will be reading Karen Casey's gentle, wise and practical guide to living again and again.

A must read for everyone struggling with judging, blaming, faulting and being frustrated with others....and I think that may be most all of us. A simple solution...me...just changing my own mind and be released from the burdensome responsibility to change others. A hard but rewarding practice. I read a piece of this book every day to give me "peace," perspective and to change my paradigm. Read it and give it to your "friends." I can't give mine away, because it's all marked up, underlined and highlighted, and I need to read it everyday. It sits next to my Bible.

It's a good, descent self help book that is simply written so the read is easily absorbed and you can actually get something out of it. I would recommend to anyone going through a rough time in their lives where nothing seems to be in control. Teaches alot about detachment and minding your own business and how letting go brings about peace and happiness. Very insightful from someone who has been there.

This is a straightforward easy to follow direct approach to resolving issues that continue to circle my head. I have found it gets me back on track quicker than any other resource I have. Karen writes from experience rather than theory but theory always flows afterward. She leads conferences but is cutting back on her schedule. If you have a chance to attend one, You should definitely take it. After one day at this conference, I felt my whole life was healed. Of course it wasn't but I have come away with a sense of what can be and am looking forward now instead of backward.

Karen Casey made me a fan through this book. I gave to my co-worker to read as I was moved by her "reminders".

This book can be a life changing experience. I purchased it for a relative after I read it myself. I highly recommend it for anyone who needs to change their perspective.

Unlike most "personal transformation" or self-help books that tell you what you need to do, but don't tell you how to do it, Karen Casey gives simple, practical ways of changing the way you think. Every decision you make is filtered through every thought you have and all your perceptions come from those thoughts. So learning how to think a new way is critical to changing the life you now live. She doesn't give you complicated advice that doesn't work - she gives you simple ways to give yourself permission to change the way you think, which in turn will change the decisions you make for

yourself. I LOVED this book - and it began a transformation in my thinking and my life immediately. It will change your life too - if you allow it to!

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