



I Was Just Thinking . . .: About Choosing Our Best Thoughts

Cindy Baehl-De-Lescure

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I WAS JUST THINKING was written for the young, but is actually for those of all ages. We are never too old or too young to begin to develop the skill of choosing our best thoughts. The examples given are common events that happen to most of us at some time or another; but the way we deal with these events is the difference between feeling successful or defeated. Imagine this important skill, that we continue to develop over a lifetime, as an early seed being planted not only in the minds but in the hearts of our young ones. For when something drops from the mind into the heart, it becomes something we know for sure and ours to keep. Help empower your child! Imagine the adult they can become!

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