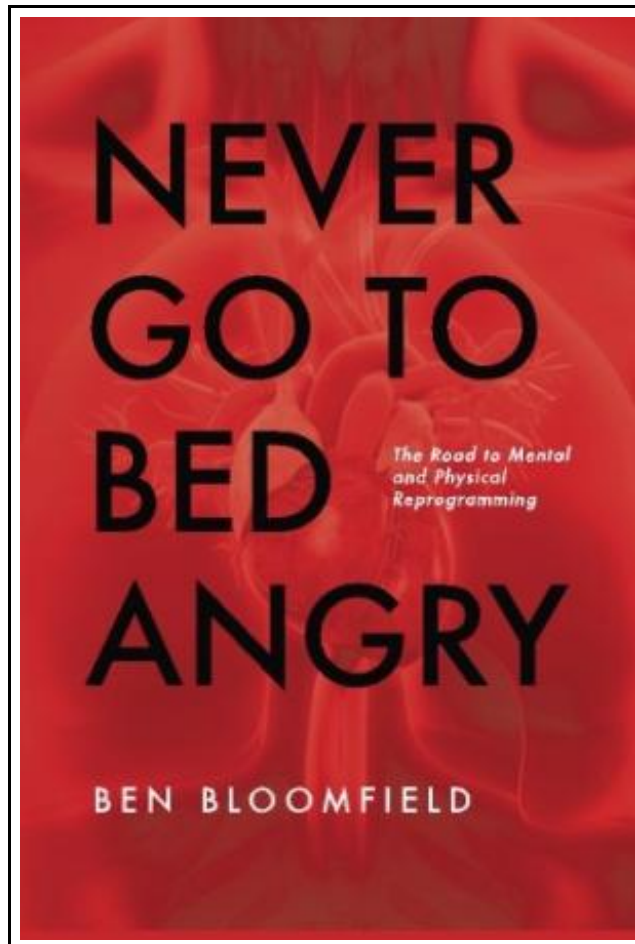


## Never Go to Bed Angry: The Road to Mental and Physical Reprogramming (Paperback)



Filesize: 1.85 MB

### ***Reviews***

*Very useful to any or all type of people. This is certainly for those who statte there was not a worth reading through. You can expect to like how the writer write this pdf.*

*(Dr. Rashawn Lang)*

## NEVER GO TO BED ANGRY: THE ROAD TO MENTAL AND PHYSICAL REPROGRAMMING (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If tomorrow were your last day, what would you do today? The idea that our bodies are separate from our feelings is a complete misconception. We have all done it, gone to bed angry. But what did we gain for the experience? I d bet not a lot. The author Ben Bloomfield went to bed angry on March 3, 2013, waking up to a terrifying series of tremors, as if he was having a heart attack. Four hours later, with paramedics surrounding him, Ben was convinced he was going to die. His heart was beating at 220 bpm, beating so fast he thought it was going to explode. In that moment, the only thing he could think of was his family, his beautiful wife and three young children - hoping he would see them again! Hoping there would be another tomorrow. After being diagnosed with a life changing heart condition, Ben embarked on a challenging journey towards full cardiac pacemaker dependency. Never Go To Bed Angry illuminates this difficult experience - that tomorrow could be your last day, that your life could suddenly be cut short. The story celebrates science, but foremost the human spirit for its courage, resilience, and curiosity. Ben explores the difficulty of being constantly hospitalized, having to change his habits, thoughts and beliefs. The journey concludes with the Seven Steps to Wellness, his self-help approach to mental and physical reprogramming - an approach that will enable you to combat difficult situations and make better lifestyle decisions. Fast-paced, like the condition, Ben s style is honest, and raw, with no element of the journey left untold. Never Go To Bed Angry is for everyone, regardless...

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