

Donna Sheehan

My mind



And Me

Book 3

My mind



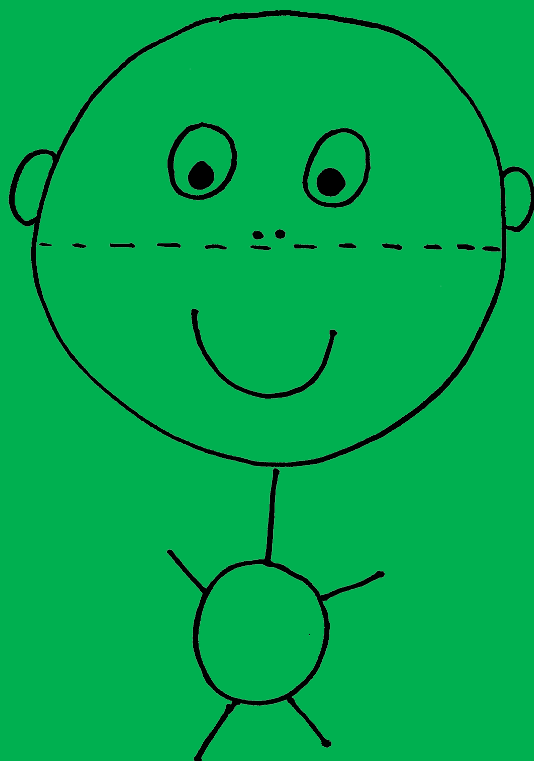
And me

Book 3

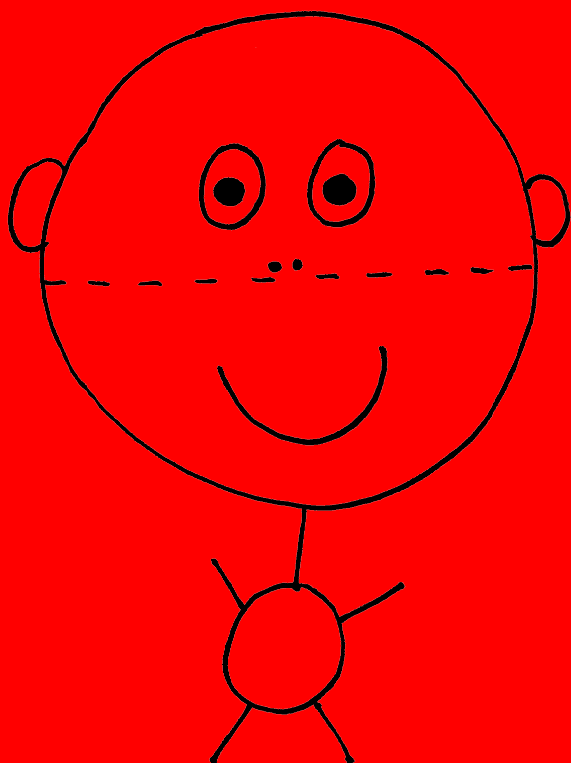
"My Thinking Mind", Series 1

**Written and Illustrated by
Donna Sheehan ©2007**

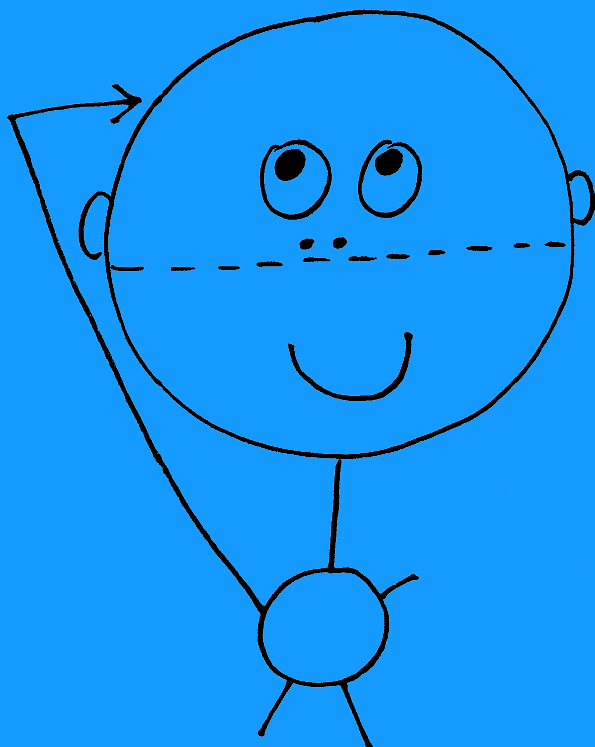
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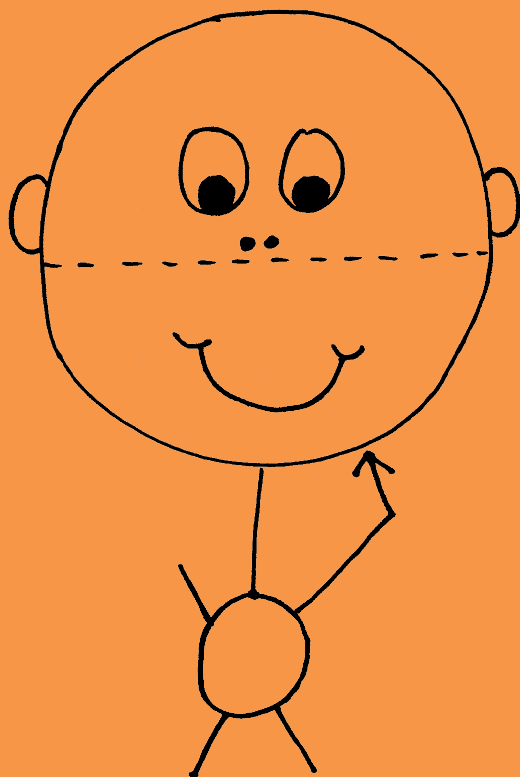
This is me.



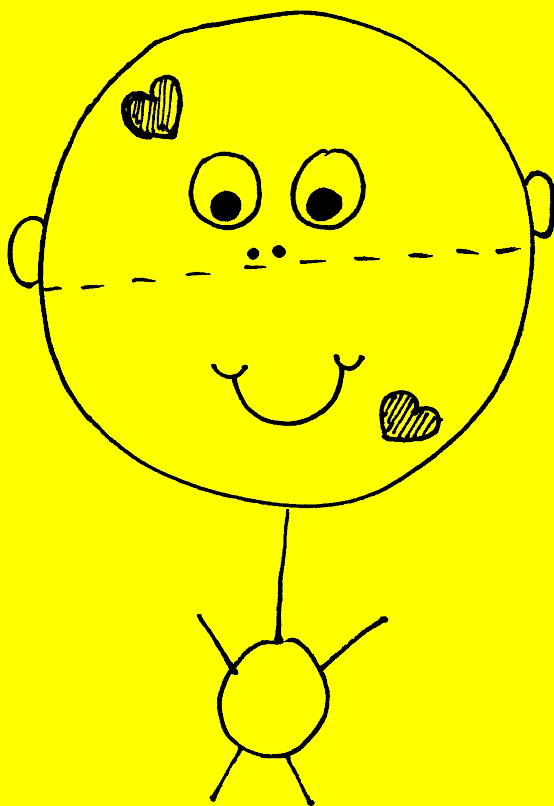
This is me
and my mind.



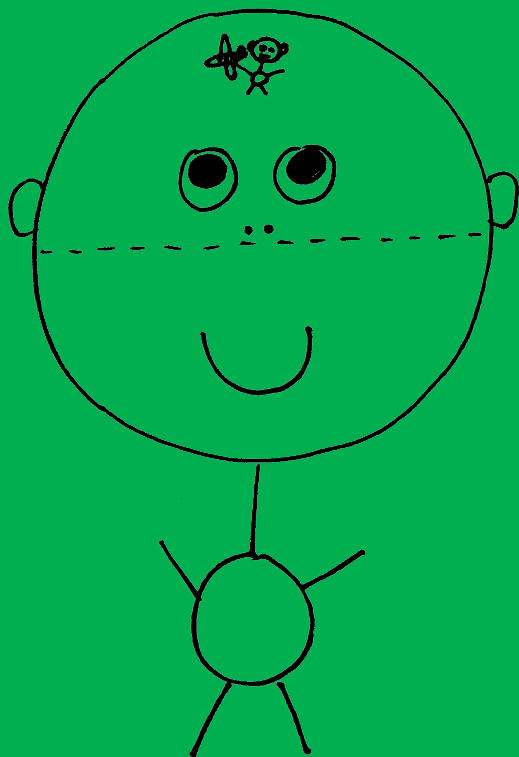
This is my
thinking mind.



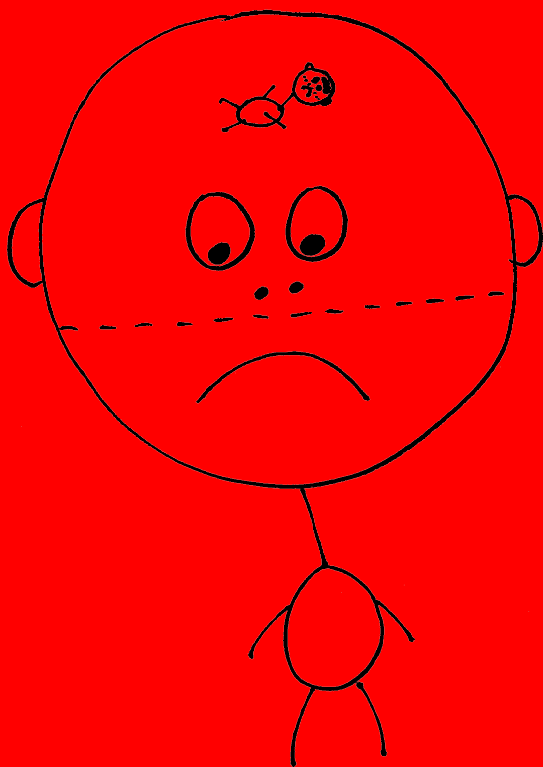
This is my
feeling mind.



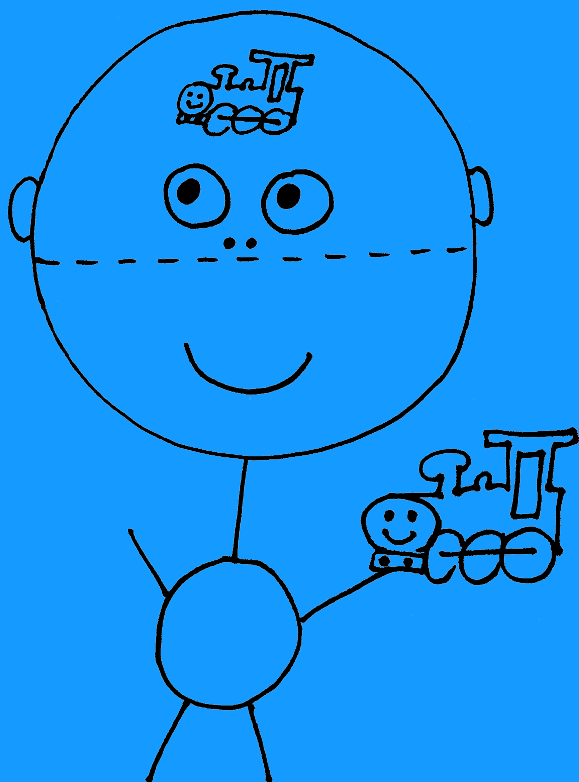
It is what my
thinking mind
thinks that makes
my feeling mind
feel.



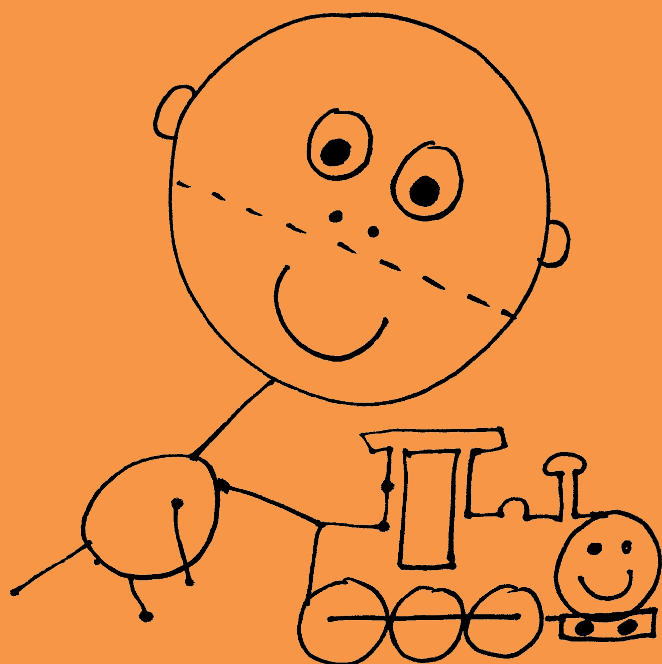
When I think
happy things about
me, I feel happy.



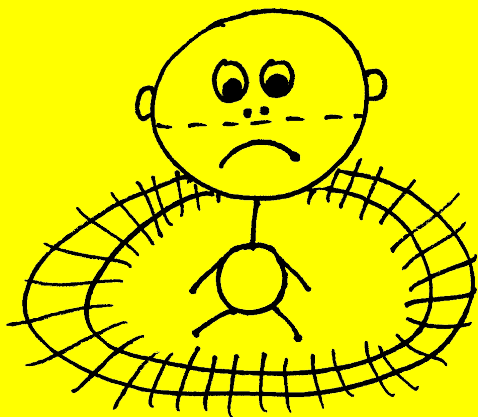
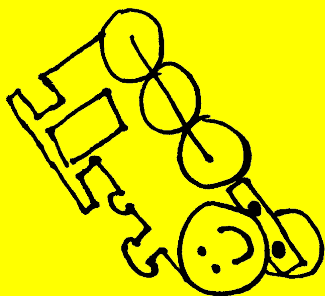
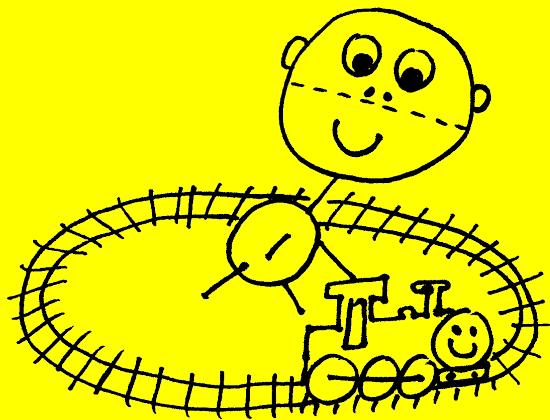
When I think
unhappy things
about me, I feel
unhappy.



I learn with
my thinking mind.

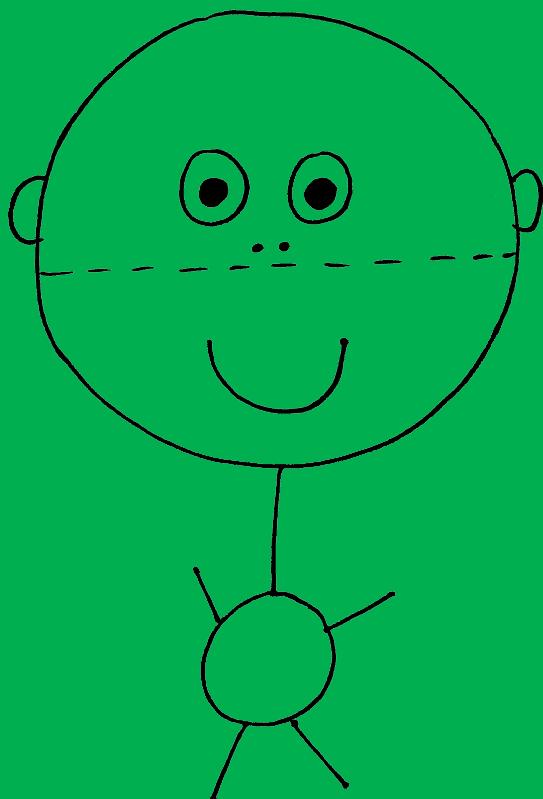


I do with my
feeling mind.

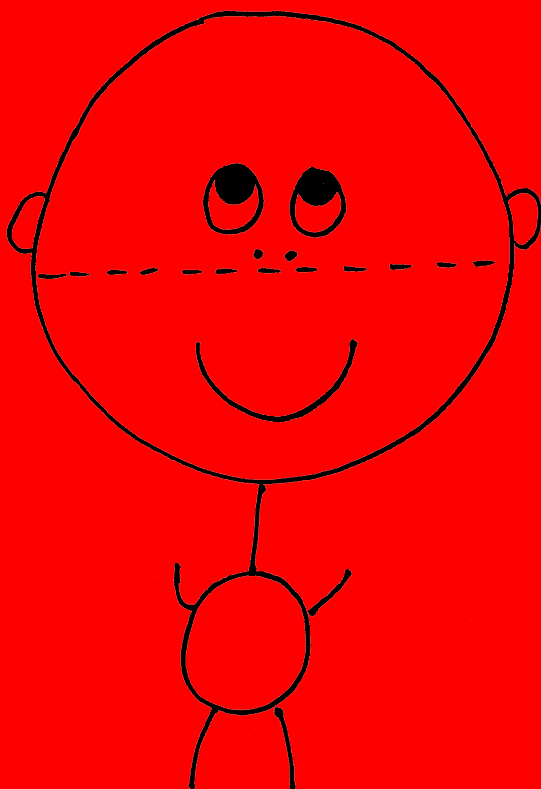


If I feel happy, I
do happy.

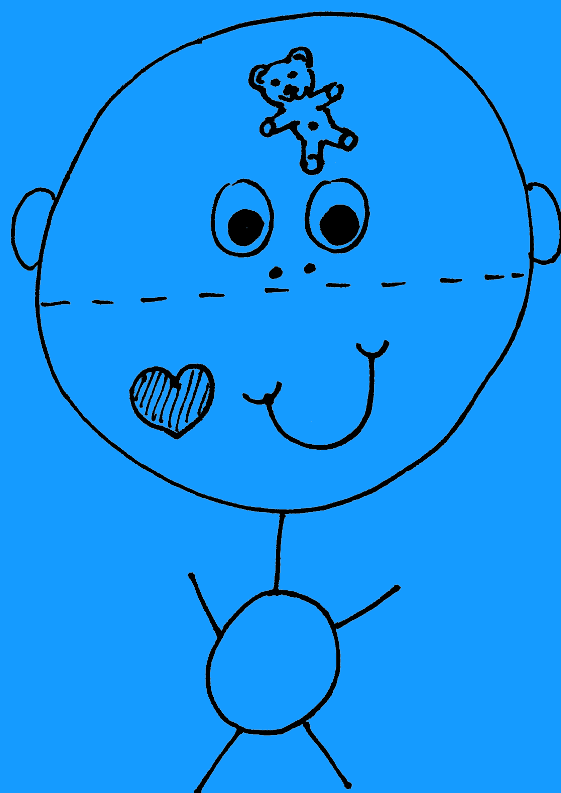
If I feel unhappy,
I do unhappy.



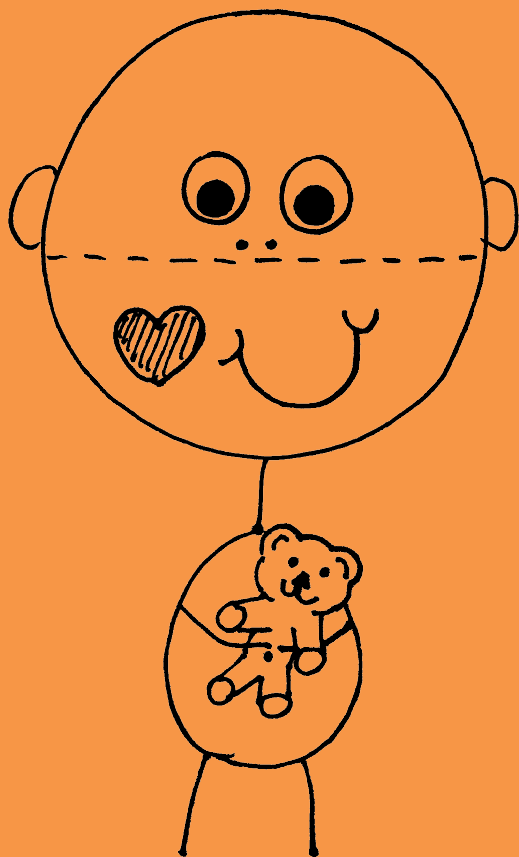
So...



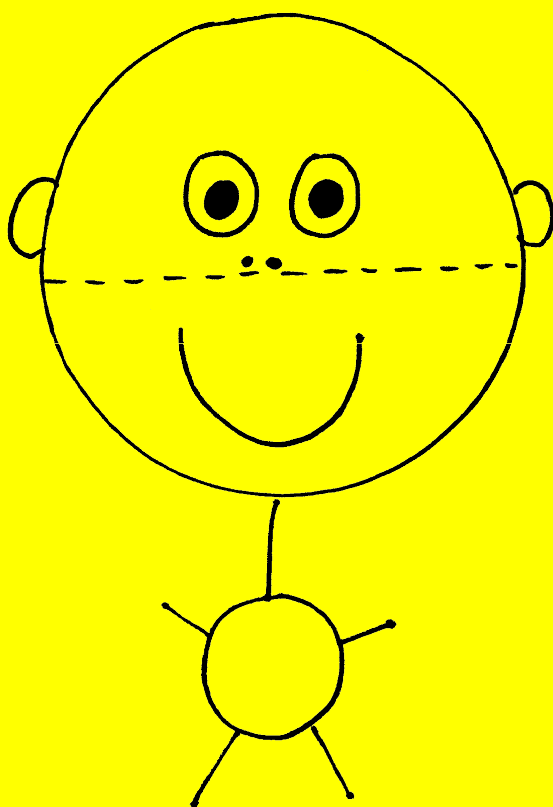
What I think
is important.



What I think
is how I feel.



What I feel
is what I do.



Think happy

Be happy.

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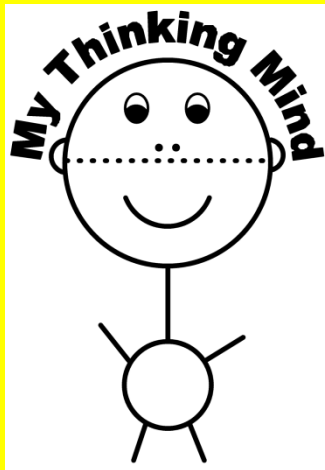
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These books were inspired by the teachings of Bob Proctor, the phenomenon that is 'The Secret' and by the mind stick figure originated by Dr. Thurman Fleet in 1934.

Thankyou.



"My Thinking Mind" Series 1:

1. I am me
2. Be happy
3. My mind and me
4. Decide what you want
5. Changing your mind

Written and illustrated by Donna Sheehan.

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