



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

*Karen Casey*

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## **Change Your Mind and Your Life Will Follow: 12 Simple Principles** Karen Casey

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.

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