

INHIBITING DEFICIENCIES

2 HEALTHY THOUGHT PROCESSING

How Do We Improve Our Thinking?

These cards outline various ways we can learn to more healthfully direct our mind's activity. Having a low reign over our thinking can handicap us in just about every realm of our lives. With better understanding, training, and practice, we can learn to more productively apply this powerful resource — the mind — both psychologically and functionally. With interest and appreciation, we can develop healthier thinking practices and reduce reasoning distortions. Learning how to navigate our thoughts more keenly is among the most rewarding results of healthy mind development efforts.

LEARN TO OVERSEE INTELLIGENTLY

To Improve Our Thinking

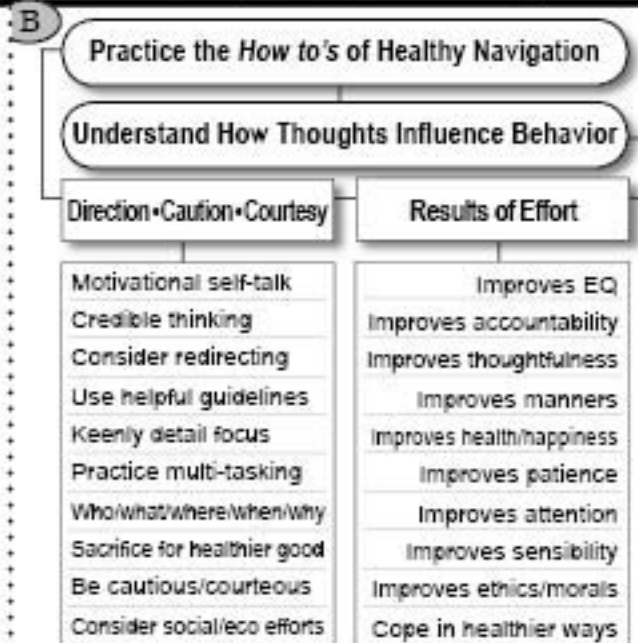


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LEARN TO GUIDE HEALTHFULLY

To Improve Our Thinking

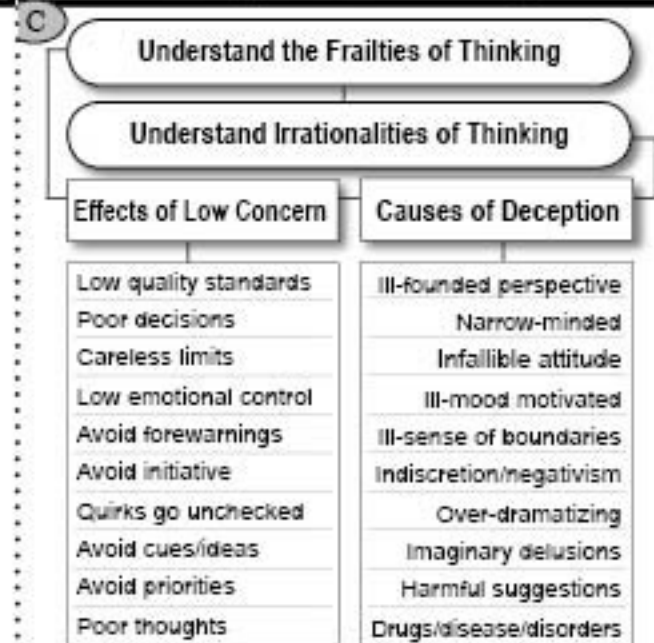


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LEARN TO CONTROL MASTERFULLY

To Improve Our Thinking



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