



Art@tudes: Mastering the Art of Your Attitude, Sharon Heath, Artivations, , . Art@tudes: is a self-discovery book about attitude adjustments. It explores attitude, ego and life perceptions and the affect these have on personal reactions and responses to life. It includes 39 art exercises designed to define and evaluate the origin of ones' attitudes and how each are controlled by fearful reactions or confident responses based on personal life experience and the ego. Through completion of each unit, a visual language emerges which provides self-realization and releases unconscious limiting fears and promotes the personal ability to control and adjust an attitude with regards to a situation, event or person. Through understanding the basis for antiquated standards, habits and behaviors the innovative approaches based on the art process provides new tools of awareness for the transformation from an attitude to an art@tude. A new perspective on life, through creative stepping out of the opinionated box emanates a personal style towards life by becoming the artisan of one's soul..

DOWNLOAD HERE <http://bit.ly/1aeEPR>e

, , , , , , ,

<http://ogyzodef.files.wordpress.com/2014/01/32581bl.pdf>