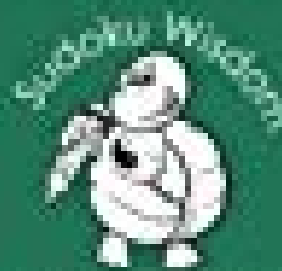


The Word Search Sage



Yoga for the Brain



Cristina Smith

Rick Smith

Featuring Meta-Thoughts by Ingrid Coffin

Foreword by Steven Forrest

Cristina Smith

The Word Search Sage: Yoga for the Brain



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Fine way to relax and de-stress. I find this book to be a delightful and easy method for me to relax, de-tension, and take short refuge from the hectic world around me personally. The puzzles aren't ridiculously challenging, which fits us just fine, and they do get more difficult as you progresses, as is normal of most puzzle books.

S. Competition -- "Show me an excellent loser and I'll show you a loser" -- is all too often our mindset, whereas cooperation, finding ways for everyone to win, is an issue in the us today. Lewis shows that "You are never too old to set another goal or even to dream a new dream. What a perfect combination! Solving just one single puzzle assists me metaphorically scrub the detritus buildup in my brain that collected during my day. We are here to help and be helped, love and be cherished, to live and let live. Must have I bought two 1 for me and a single for a friend battling cancer. I must say i think it is motivating. Thank you Must Have The Word Search Sage can be an amazing way to keep the human brain sharp, but also an excellent tool for meditation and relaxation. I recommend! It was an ideal choose me up for moments where you must kill period but dont want to buy to visit waste. I love Word Search and to mix .." We started this review with cooperation and we end with sharing. Wow, this book is so much fun! At the very heart of all Cristina's books may be the belief that the solution to your problems is right here, right now, before us if we have been willing to touch base and connect with the essential goodness of life lived in today's moment. I really like it!

In puzzle ten, Heart Vision, Cristina tells us "to be true to yourself" and Shakespeare completes her thought with "thou canst not really then be false to any man. Made A Great Gift I gave this as something special. The recipient loves it. Do your very best. Cristina Smith challeges us to get and become our best selves in her new reserve. This book is a lot of fun and the perfect gift for yourself or various other spiritually minded people. I've taken notes on the way and now can report on some of what I've learned and put on my life and function.

In puzzle 5, Probability, Cristina recommends that people "Carefully begin to talk about yourself. Help others and yourself. You tend to be more than you know." Sadly, selfishness and self-centeredness are in the center of our American lifestyle. Excellent group of books! Throughout her book Cristina displays us that there surely is enough for everyone. I recommend!" As the Little Prince tells us, "It is only with the heart that one can see rightly; Enlightenment is not found only in silent moments of meditation, however in every instant we live if we only can stay present, awake, and fully alert to our surroundings." Cristina would agree and later on recommend meditation as a way of looking deeply into our center to find our true selves.

In puzzle 12, Say Yes! Maximizing YOUR TIME AND EFFORT! Say Yes! Great gift Love this book such a unique and good plan.

In puzzle 21, Infinite Options, Cristina tells us to "Ask and you shall receive." What that people find in each puzzle and the concealed message all support and reinforce the theme for every chapter." Each puzzle includes a hidden message and the message for this puzzle appropriately is "You should never be less because you possess tried. Solve the puzzle to find the Meta-Idea concealed inside." Cristina is in good organization for these are also what of Jesus. I really like Word Search and to mix with inspirational text messages from Ingrid Coffin simply will take it off the charts! what's essential is definitely invisible to the eye.

Jumping ahead to puzzle 52, Destiny, Cristina say "Embrace your destiny. Guess what happens that is. It's what enchants you. Discover it! we are challenged to reach out to the important people in our life and live a life of compassion and understanding. Lots of fun I was an initial Read Winner of this book and it sure was a lot of fun to accomplish." C. And, the Meta-Thought (tm) generally after completing the puzzle inspires me, and sometimes gets woven into the fabric of my globe view. I got these for my daughter's birthday since she's into yoga, spiritualism, and word puzzles." Cristina would perfectly trust Lewis. Her books and her message are for everyone, young and old alike and everyone will find something to like because they do each puzzle, find the hidden message, and think about and then apply the text to living in the Right

now, the only period there is for just about any of us. Therefore we come to the finish of the reserve and in puzzle 60, the last puzzle, Evolution, Cristina concludes with "Enjoy living your life and posting it with individuals around you.. In each puzzle we connect the words, find the hidden message, and relate the written text to our life and function;" She continues with this theme for the next handful of chapters and in puzzle 55 she tells all of us to "Make your world the way you want it to be. Generally Cristina reminds us that people are not alone. Highly recommended! THE TERM Search Sage on every web page provides us sage advice. Now is the time to put this advice to work. Fun, up-lifting book The Word Search Sage: Yoga for the mind, includes 60 word search puzzles preceded by way of a short up-lifting message. Knock and the entranceway will open. As the puzzles do upsurge in difficulty, they are not overly challenging. I have been functioning through the puzzles and text of THE TERM Search Sage for a couple of weeks and also have been delighted and challenged with what I have found in the webpages of Cristina Smith's new book. Would be a great stocking stuffer." She knows that nothing at all comes without work and "Happy are those that dream dreams and so are willing to pay the price to help to make them come true. My Dad used to do crossword puzzles dating back to I could keep in mind, and even though I tried I never succeeded at them perfectly, but I do love a good word search and got to work right away. The puzzles are fun and a great exercise for the mind. Wonderful gift idea., Cristina concludes this chapter by suggesting that "The only way we are able to fail would be to not try. This is a delightful book! this book is so much fun! It felt a bit as an open eyed meditation. I appreciated this book and I'll get the other ones in the series. I believe its clever method to make ones time more useful.



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