



Contents of Managing Thought by Mary J. Lore

Introduction	xv
Chapter	
1. The Significance of Managing Thought and the Moment.....	1
2. How Do Your Thoughts Rule Your World?.....	7
3. We Are Not Our Minds	13
4. Infinite Calm Brings Immediate Results	19
5. Our Feelings Are Key Indicators	29
6. The <i>Managing Thought</i> Process	33
7. Decide What I Want.....	35
8. Destructive and Diseased Thoughts	55
9. Thoughts that Waste Time, Energy, and Money, and Block True Reality	67
10. Discovering and Releasing Limiting Perceptions and Beliefs	89
11. How to Shape Thought.....	115
12. Choosing My Intentions	123
13. Asking Powerful Questions.....	149
14. Making Powerful Statements.....	173
15. Replacing Weak Thought Patterns with Powerful Thought Patterns	189
16. Daily Cultivation	199
17. Managing Energy	205
18. Managing Spirit.....	217
19. Managing Thought: Putting it into Practice.....	229
20. Enjoy the Journey	241
Acknowledgments.....	251
About the Author	255
About Managing Thought	257
How to Reach Us.....	257