

“Thomas M. Sterner’s approach is practical and direct. In a fast-moving world, he challenges you to do what feels impossible: to live in the moment. Accept the challenge. You’ll be glad you did.”

— SAM CAUCCI, *founder and CEO of 1Huddle*

# IT'S JUST A THOUGHT

Emotional Freedom through  
Deliberate Thinking

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THOMAS M. STERNER  
*Author of The Practicing Mind*

# Just As I Thought

**Hongru Du**



**Just As I Thought:**

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