

***“Bringing attention to the subconscious mind, the authors draw the map to self-realization through self-mastery.”***

***— Corina Lua Dea, author, Archeology for the Woman’s Soul***

## **The Mind is the Map: Awareness is the Compass, and Emotional Intelligence is the Key to Living Mindfully From the Heart**

***A New Book Focuses on the Role the Emotional Subconscious Plays in Our Lives, the Power of Brain Science to Help Us Transform, and the Spiritual Side of Success.***

“Why do I keep making the same mistakes?” “Why can’t I leave my old emotional patterns behind?” Everyone wants to be happier and more fulfilled. But too often we’re trapped in a battle of wills with our own minds. No matter how hard we work to free ourselves, we’re still overwhelmed by self-doubt and negativity.

That’s because there’s a hidden mechanism within all of us that can wreak havoc on our well-being. It can trigger depression, anxiety, unhappiness, low self-esteem, and relationship strife. It sits in our emotional subconscious — a web of old belief systems, habitual thought patterns, conditioned perceptions and unproductive behaviors. It’s the Writing on Our Walls. But with the right tools, we can gain the emotional intelligence to rewrite the script, heal, and thrive.

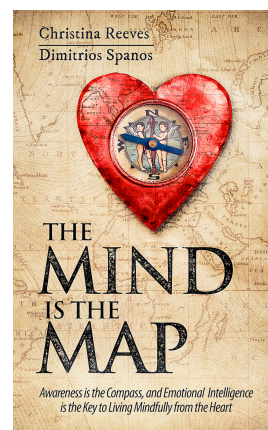
In [\*\*The Mind is the Map: Awareness is the Compass, and Emotional Intelligence is the Key to Living Mindfully From the Heart\*\*](#) (Eudaimonia Center LLC, October, 2018), holistic coaches and personal growth experts Christina Reeves and Dimitrios Spanos offer a powerful method for reclaiming joy and meaning in our lives. The authors combine their inspirational and spiritual guidance with the latest in brain science — neuroplasticity — to show just what it takes to achieve happiness.

Readers will learn:

- How to break down and rebuild the mind’s neuropathways
- How to seize control and change deep-seated emotional habits
- How conditioned responses play a role in every choice we make
- Why we need to build emotional intelligence before we can change
- How to uncover and repair our hidden belief systems
- How to use applied psychology to understand the nature of happiness

***The Mind is the Map*** offers a proven roadmap to self-discovery and growth. Richly illustrated and packed with insightful quotes, it is filled with revealing conversations between the authors about their own personal and spiritual journeys. Its effective tools — meditations, journaling exercises, and thought-provoking questions help readers shift to profound self-awareness. Step by step, chapter by chapter, this is a guidebook for anyone who yearns to break free of bad patterns, jumpstart their own spiritual and personal evolution, and find happiness and success.

-more-



For more info, contact:  
CATHY S. LEWIS  
CSLEWISPUBLICITY@GMAIL.COM  
(845) 679-2188  
CSLEWISPUBLICITY.COM

## About the Authors

**CHRISTINA REEVES** was born in Toronto, Canada, and is a Holistic Life Coach and Energy Psychologist. She is also an accomplished author, speaker, and facilitator, hosting workshops, seminars and lectures in North America and Internationally. Following a successful career as an entrepreneur, mentor and coach, she made a conscious choice to shift her focus to one she was passionate about and one with a stronger bottom line than simply commerce for commerce sake. Over the past fifteen years she has developed her own programs for assisting others in the process of self-discovery and personal transformation. Working from her clinic and training facility, she continues to share her methodologies and techniques mentoring and supporting others to take responsibility in reaching their full potential while guiding them towards enjoying a joyful and happy life.

**DIMITRIOS SPANOS**, CEQP, was born in Athens, Greece and has lived in New York for the past 45 years. With Christina Reeves, he cofounded the Eudaimonia Center, a learning center for offering transformational change, facilitating core healing and personal development, while empowering others to live extraordinary, healthy and productive lives. His concepts and tools for optimal performance help people identify their personal attributes and strengths, guiding them to become Extraordinary Leaders in all areas of life. He is a Certified Practitioner of Six Seconds EQ — the largest global organization focused on the growth and research of emotional intelligence (EQ). Certified in Heart Initiation, he works with Heart Interiority and Alignment and methods of sustaining heart-consciousness.

Christina Reeves' and Dimitrios Spanos' new book is [The Mind is the Map: Awareness is the Compass, and Emotional Intelligence is the Key to Living Mindfully From the Heart](#) (Eudaimonia Center LLC (October, 2018).

•

### **The Mind is the Map: Awareness is the Compass, and Emotional Intelligence is the Key to Living Mindfully From the Heart**

By Christina Reeves and Dimitrios Spanos

Eudaimonia Center LLC

October, 2018

238 pages, illustrated

Paperback

**ISBN-10:** 1732205426

**ISBN-13:** 978-1732205420

6 x 0.5 x 9 inches

“As we move through the distractions and obstacles, reconfiguring our habitual patterns, we become clear vessels and it becomes easier to merge with the rhythm of all that is. It is here where we discover some mysterious laws of inner alchemy. The closer we get to the light, the more fully we become the light. It is in this moment we find out once and for all who we really are.”

— CHRISTINA REEVES  
AND DIMITRIOS  
SPANOS, authors,  
The Mind is the  
Map