



6500 Tara Ln
Frisco,Tx,75035
www.chsocial.com

For Immediate Release

Contact Name: Crystal Hale
Contact Phone Number: 1-800-729-3109 ext206

Frisco, TX, February 2, 2019, Join Local Author, John Maxwell Certified life coach Dr. Khannah Josue at the Barnes and Nobles at the Stone Briar Centre from 2pm- 5pm inside of the Barnes and Nobles. Dr. Josue will personally sing her new book “The School of Thought”. Also providing an opportunity to have a few Q and A time with the author of the new book.

This book is a compilation of instructions on how to transform your thought pattern by giving your thoughts a classroom or “School of Thought” to practice daily in any situation of life. These practical instructions will produce positive results in your life’s choices. Studies have concluded that those whom have some type of mental regimen tend to be less prone to depression and other mental disorders. After each “School of Thought” in the book, you will see a dedicated area in the book to reflect. These reflections are where you will put your response to what you just read in the chapter. Giving you an opportunity to go back when you needed to pull on these discoveries about yourself later in life. Giving the reader a life book filled with their own discovery’s about themselves.

Author Lynne McTaggart writes: “A sizable body of research exploring the nature of consciousness, carried on for more than thirty years in prestigious scientific institutions around the world, shows that thoughts are capable of affecting everything from the simplest machines to the most complex living beings. Meet Dr Khanna Josue at Stone Briar Centre you can also visit her website to order you new copy of “School of thought” [.www.khannahjosue.com](http://www.khannahjosue.com) . You can contact Dr. Khannah Josue on her website, [FACEBOOK](#), [TWITTER](#), and [INSTAGRAM](#).

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