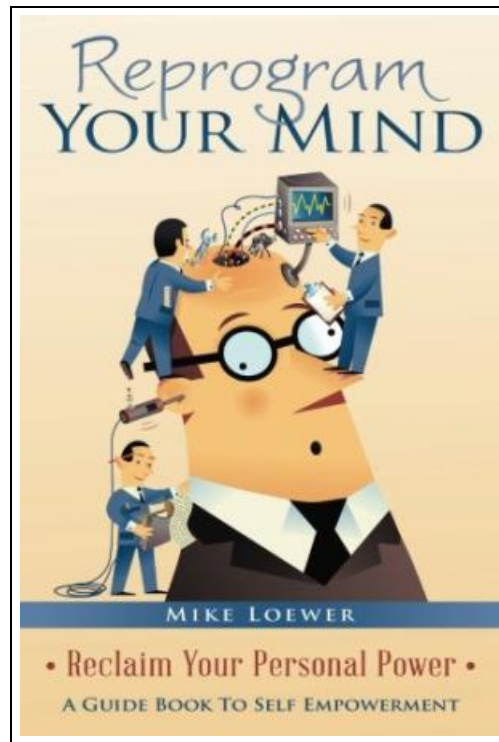


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Liferich, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.We are who we are partially from genetics, but we re also who we are due to the programming of our mind from outside forces--family, friends, television, movies, advertising, news, and the Internet all play a role in how we think from a very early age. In many cases the programming is faulty, giving us negative beliefs, emotions, thoughts, and habits. Reprogram Your Mind seeks to help you refocus your attention on the good in your past, determine what is working for your now, and look toward the future you really want. Taking a simple and straightforward nonacademic approach, author Mike Loewer shares the techniques that worked for him: becoming a consumer of positive information over an extended period of time. This guide offers a feeling- and action-based approach, offering methods to use in moments of unease, upset, and distress. It also features assignments to complete that can help you along the way. You can enhance and improve your life--but only if you take action. This self-improvement guide, building on the idea of the law of attraction, presents an easy way to develop a new way of thinking and to reclaim your personal power.



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