



The Winning Mind Set

By James Brault

Paperback. Condition: New. 244 pages. We all have incredible potential. So, why is it that we don't always live up to our potential? Why is there often a difference between what we can do and what we actually do? In what ways can we maximize our potential in those areas of our lives that are important to us? What are the instrumental keys that create that personal success in all our endeavors? That is what this book is all about. The Winning Mind Set is a set of proven tools and techniques to help you UNLEASH the Power of Your Mind, and tap into your incredible potential. The book is a compilation of field-tested approaches presented in a way that is designed to be both easy to understand and easy to put into action, a toolbox codified into the acronym BEHAVIOR. Beliefs. . . Discover how to put the power of your belief systems to work for you. Emotions. . . Learn 6 ways to manage your emotions quickly and easily. Habits. . . Find out how to wipe out negative habits and quickly form positive ones. Associations. . . Harness the brilliance of this subconscious phenomenon. Values.

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