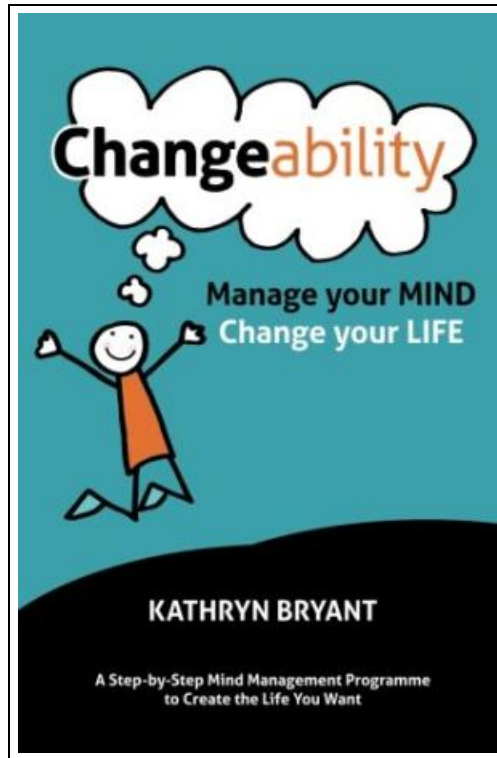


## Changeability Manage your Mind - Change your Life



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### **Reviews**

*It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.*

*(Lavina Torp)*

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Brilliant Living. Paperback. Condition: New. 198 pages. Dimensions: 8.5in. x 5.5in. x 0.5in. Are you ready to live the life you want? Have you ever noticed how hard it can be to change something in your life? To get fitter or thinner, find your dream job or start a new business, write that novel or be more creative, discover a new lover or make more money? That's because as humans our brains are programmed so that much of our behaviour is carried out on an unconscious level. That's great because it keeps us safe and alive but not so great when we want to change something. The mechanisms that protect us are the mechanisms that make it hardest to change. Even when we are highly motivated to make changes we know will make us happier, our unconscious habits hold us back; they seem to sabotage our good intentions. Who's really in charge here, we might well ask? But you can change you can create the life you want. And in this book you will learn exactly how. This book shows you a new ability Changeability so you can quickly and easily reprogram your mind and have the tactics to create the change you want. Bringing together powerful mind management and change techniques from the worlds of personal development, psychology, neuroscience, business, sport, entertainment and spirituality, Changeability is a logical practical 10-step programme for those who want a smart way to make the most of life. With straightforward explanations, Changeability blends just enough theory with practical actions for you to start changing what you don't like to what you do like, today. Within you lies the power and ability to change, and this book shows you how. You should read this book: - If you want to know exactly what to do...



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