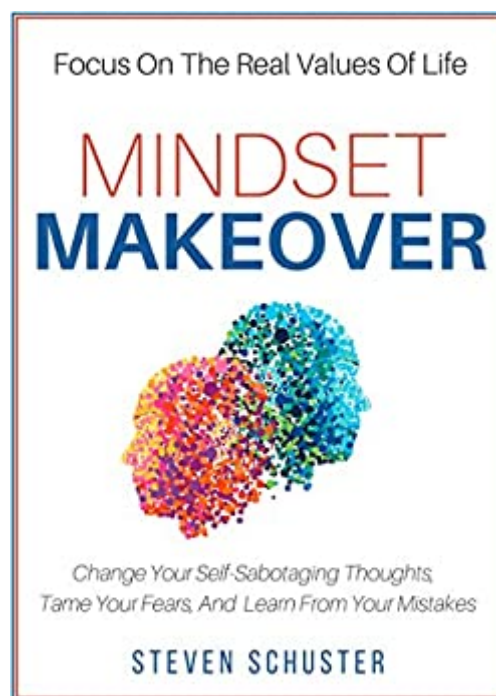




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# Mindset Makeover: Change Your Self-Sabotaging Thoughts, Tame Your Fears, And Learn From Your Mistakes - Focus On The Real Values Of Life



## Synopsis

Think critically. Improve your decision-making. Control your thoughts. Sort out irrational fears. Cluttered, neurotic thoughts invade our mind more often than we realize and we end up living our life in anxiety, triggered by thoughts that are unfounded and are easily avoidable. Mindset Makeover will highlight the main cognitive mistakes we make and how to change them for peace of mind. Stop reacting based on your old mindset. Your mindset becomes so internalized that it makes decisions without you being aware of it. But do you have more bad habits than good? This book will help you discover how your mindset is working against you. Aided by scientifically proven research and practices, Mindset Makeover will help improve your critical thinking skills, and develop better judgment in battling self-sabotaging thoughts. Learn how to face and solve your problems in a constructive way. Mindset Makeover is a thought-provoking, science-backed guide which guarantees a complete change of world view. Find what are the thinking quirks holding you back from quick, rational thinking and decision making and change your life for the better. Change the one thing that will improve your life most dramatically – your mindset. Switch from an inward mindset to a less self-centered one. Find and fix the thoughts behind your personal ineffectiveness. Learn the easiest and quickest form of meditation. The counterintuitive reasons why the attacks you perceive aren't actually about you. Learn to "thrive in an unknowable future. The surprising benefits of ditching exceptionalism. The real reason behind your stormy emotions. The difference between being neurotic or psychotic. 10 methods to use neuroplasticity to rewire your brain. Having a clear mind you'll find better solutions to your problems. You'll think more creatively. You will see opportunities where you saw only obstacles before. You won't feel like the target of everybody's criticism anymore. You'll have better judgment and a less self-centered worldview. You'll get better intuition and predict events more accurately. Mindset Makeover won't help you reinvent the wheel, but will show you how to improve your personal relationships, release you from fears, and show you a different approach to life. Start shifting your mindset by clicking the BUY NOW button at the top of this page.

## Book Information

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## **Customer Reviews**

Good insights into the way most of us perceive and operate in the worlds we live in.Gave some good nuggets on how to change your mindset and how effort really impacts your success. I also liked how it talked about just because you put a lot of work into something doesn't mean you're automatically going to be successful.

If you are interested in understanding how your mindset can hold you back or propel you forward, this is a well written and helpful book.Have you ever wondered why you failed achieving your goals? Read this book and maybe you will not feel so guilty about it. If you are still young you may be able to rectify your mistakes by reading and understanding this book.

I couldn't put it down from the moment I started reading. There are some great tools in here to help you be successful. This book will make you stop and think of all the places you have been holding yourself back. NOT your average self help book...really.

Its a really great book with a powerful message. I think the stories seem repetitive unless you

understand that the point of the stories is to help you see where your mindset can have unrealistic expectations. In areas you don't even realize. Useful information that provides a reality check on what it takes to be successful.

Unless you are a hermit, you can definitely benefit from this book. For those interested in improving their lives, their relationship, their leadership skills, and cognitive abilities, this is a must read. I am so pleased I was recommended to experience this book. If you really want to reach your potential invest in this "life challenging" book. The author writes in such a manner that engages you right from the first sentence. If you want to change your mindset or discover how you have been "trapped" by others mindset then this is the book for you! Enjoy the journey.

Excellent book. It clearly explains with example after example of how much further you absolutely will get with a more rational mindset as opposed to the limit you will arrive at with an unfocused, overly emotional mindset. It's such a simple concept that is possible for anyone should they so choose to learn and grow.

As a person I know that most of the time I am making mistakes and I really felt so bad about it. I lose confidence and hope that everything will be alright. But after reading this book I had a different perspective in life. It made me see a brighter way of living and taught me to be more mature and stop sabotaging myself. This read has been very inspiring and I thank Steven for sharing me his vision. It really helped me a lot.

I liked this book because it's relevant to my life. Very good information that can be applied to real life situations.

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