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***(Ms. Sydnee Lesch)***

## POSITIVE THINKING: HOW 3 SIMPLE QUESTIONS WILL CHANGE YOUR THINKING (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Positive Thinking Made Easy This book introduces you to the most important things you need to know if you want to change your thought patterns and take control of your life. Real change is an extremely complex phenomenon that requires you to look deeply into your own mind and your thoughts in order to be effective. It is not only your conscious mind that you have to work on, but also your ingrained habits, preconceived ideas, and deeper conditioning. 3 Questions to Learned Self-Mastery The motto of this book and one of its key takeaways is an old Sufi wisdom which has to power to change your thoughts and your life. It is illuminating for the way we should exert control over our own thoughts and words before we speak or act. Just as the Sufi saying suggests 3 questions and 3 gates your words (and your deeds) should pass through before they become action, this book will take you through a variety of gates on your way to learned self-mastery. One Mind - Two Outcomes? Learn Several Powerful Strategies In this book you will discover several powerful strategies you should adopt if you want to restructure your life. It presents concrete steps and techniques you can use in your endeavor to change your life starting from your own thinking patterns: How to Control Your Thoughts How to Have an Optimistic and Empowered Mindset How Recreate Your Subconscious Powerful Techniques for Controlling and Calming Your Thoughts How to Achieve Complete Harmony of Thought Maximizing Results and Productivity 3 Simple Questions to Live By How to Rewrite Your Story Plenty of Concrete Situations At the same...



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