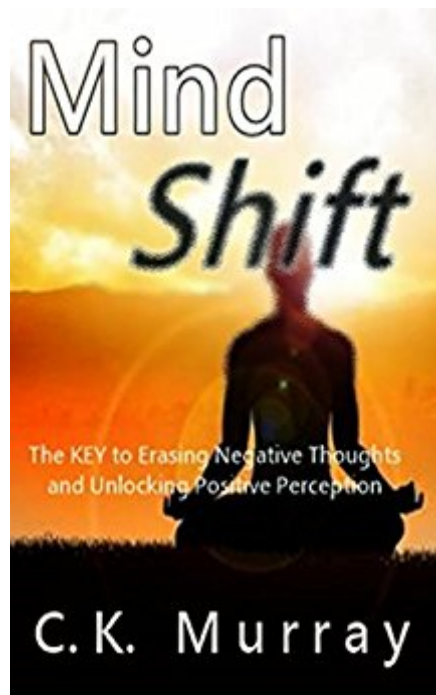




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MIND SHIFT - The Key To Erasing Negative Thoughts And Unlocking Positive Perception



Synopsis

Shift to Positivity It doesn't matter who you are or what you do. If you want to improve your life, it all starts with your mind. The mind is an incredibly powerful agent of change, an indisputable powerhouse of perceptions and perspectives. Its powers can leave us daunted; its darkness can leave us broken. But if we can learn to know it, control it, and apply it--we can learn to shift. In order to remove negative thoughts, feelings, and behaviors, we must undergo a very real change. The secret to positive thinking awaits! Through the right perceptual hacks, positive affirmations, cognitive behavioral adjustments, and mind-body living, your negative emotions are as good as gone! Are you sick and tired of negative emotions and negative thoughts? Do you feel as if you're underachieving, like there has to be more to life that you're just not experiencing? Are you tired of feeling stuck in a rut? Ready for a new mindset? A profound and powerful perspective change? The it's time to Mind Shift. The key to mind-body living is understanding that you, and you alone, control your perspective. A new mindset starts with you. If you can master the necessary mindfulness exercises, relaxation techniques, and perspective changes, then you can master your mind. And if you can master your mind, the most integral organ of all for healthy, happy living--then everything else is easy!"MIND SHIFT - The Key to Erasing Negative Thoughts and Unlocking Positive Perception" (A Preview) What is Mind-Shifting, Why Does it Matter & How Do We Begin? Know Your Schema - Why Your Perceptions are Your Power Schema and Your 'Self' - Forming a Framework for Identity Identifying the Top Cognitive Perversions that Warp our Minds How to Eradicate Negative Perceptions & Unlock Positive Perspective Shift the Mind, Shift the Body - The Secrets of Symbiosis Multiple Minds - How to Reorient Your Perceptions in 9 Powerful Ways Tags: mind control, positive perception, hypnotism, meditation, negative thinking, brain power, happiness

Book Information

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Customer Reviews

Beautiful book that will both inform and inspire you! Author C.K. Murray uses sound reason and in-depth analysis to overcome negative thinking. Taking charge of the boat of your life is only possible if and when the captain of the boat (your mind) regains mastery. It calls for honest self-examination of one's thoughts, feelings and motives. Author holds your hand through the confusing maze of the mind as you begin your journey of self-transformation. He offers simple keys to unlock the true potential of your mind, and hence your life.

The book begins by discussing the importance of mind Schemas and how important they are to the way we perceive things. Techniques such as using cognition logs or situational pyramids and actionable tactics like flooding or distancing are covered. Negative affirmations are discussed in detail and the book goes in depth on the Mind-Shift Techniques to eliminate negative thoughts including gratefulness and harmony. There are many techniques, concepts, and examples in this book that can be applied in creating more positive thoughts.

This book has opened my eyes to new ways of thinking this is a book that I will keep and read over and over to make sure that points that I have missed the first time I will get the second and third time. The concepts in this book show that with a simple shift in the way we think our whole atmosphere can change

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