

Alexander Loyd, Ph.D., N.D.

INTERNATIONAL BESTSELLING AUTHOR OF *The Healing Code*

COMPANION
TO THE BOOK,
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Willpower*

beyond willpower WORKBOOK

FROM STRESS TO SUCCESS IN 40 DAYS

The Secret Principle to Achieving
Success in Life, Love, and Happiness

Beyond Willpower Workbook

David A. Clark



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Beyond Willpower Alexander Loyd, PhD., ND, 2015-02-10 Did you know that most self help programs that follow the standard success blueprint have a 97% failure rate The truth is that the typical personal improvement mantra of tapping into your willpower and activating the power of positive thinking is actually a recipe for failure In **Beyond Willpower** bestselling author and psychological counselor Alexander Loyd PhD ND reveals a unique highly effective program to help you finally achieve the life you want and the success you deserve Science has proven that stress or internal fear is the primary source of virtually any problem we encounter physical spiritual emotional and even circumstantial New research has shown that fear is literally programmed into us at the cellular level which is why most of us are unable to turn off our stress response by willpower alone For the first time this book teaches you how to change your cellular programming from fear to love triggering a natural chemical chain reaction that fuels you for your best success Rooted in science ancient wisdom and proven therapeutic techniques to remove personal obstacles that sabotage us **Beyond Willpower** offers a revolutionary 40 day holistic program based on more than 25 years of clinical experience With this program you will identify and clarify what fundamentally defines success for you Then you ll receive the three simple tools you need to internally shift from fear to love physically using the Energy Medicine tool mentally using the Reprogramming Statements tool and spiritually using the Heart Screen tool You ll also have free access to the unprecedented Success Issues Finder test which accurately diagnoses your unconscious and subconscious issues related to success and failure happiness and unhappiness No matter how you define success as wealth career satisfaction healing of health issues or resolution of relationship problems **Beyond Willpower** will help you achieve it once and for all quickly and for the long term From the Hardcover edition [Beyond Willpower](#) Alex Loyd, 2015-02-12 A new book from the bestselling author of *The Healing Code* about how to go from stress to success in 40 days The revolutionary new science of Practical Spirituality designed to replace stress with well being and success quickly and for the long term Did you know that most self help programmes have a 97% failure rate The truth is that the standard self help mantra of tapping into your willpower and using the power of positive thinking is actually a blueprint for failure In **Beyond Willpower** bestselling author and psychological counsellor Alex Loyd reveals the definitive step by step programme to help you finally achieve the life you want and the success you deserve Science has proven that stress is the primary source of virtually any problem physical spiritual emotional and even circumstantial Loyd believes that we need to understand how love works in our bodies to combat stress By harnessing love s power and learning to love in the present moment you can define your life goals and live mindfully in a state of peace **Beyond Willpower** offers a revolutionary 40 day holistic guide based on more than 25 years of clinical experience and rooted in science ancient wisdom and proven therapeutic techniques to remove personal obstacles that sabotage success Using the programme you will define your goal be it wealth career satisfactions healing of health issues or resolution of relationship problems and follow the step by step process for achieving

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