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INTERNATIONAL BESTSELLING AUTHOR OF *The Healing Code*

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Success in Life, Love, and Happiness

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Peipei Pang



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this goal quickly and for the long term **Beyond Willpower** Alexander Loyd,2015-02-10 *Beyond Willpower* Dan Crown, Beyond Willpower Reprogram Your Subconscious for Success by Dan Crown Book Description Do you often find yourself relying on sheer willpower to achieve your goals only to fall short or lose motivation along the way If you re tired of feeling stuck and frustrated despite your best efforts Beyond Willpower is the solution you ve been searching for In this groundbreaking book Dan Crown reveals the hidden power of the subconscious mind and shows you how to harness it to transform every aspect of your life without relying solely on willpower Backed by the latest research in neuroscience psychology and cognitive behavioral therapy CBT Beyond Willpower uncovers the true source of habits and behaviors which are deeply rooted in the subconscious mind Crown provides readers with a step by step guide to identifying and reprogramming these subconscious patterns leading to lasting personal growth success and happiness You ll discover how to Break free from limiting beliefs and negative thought patterns that hold you back Understand the science behind the subconscious mind and how it influences your daily decisions Use powerful techniques like visualization affirmations and neuroplasticity to rewire your brain for success Develop new habits that align with your goals and values making lasting change effortless Build emotional resilience and inner strength allowing you to overcome obstacles and setbacks with ease Whether your goals involve advancing your career improving your relationships enhancing your health or building wealth Beyond Willpower equips you with the tools you need to create a life of success and fulfillment This book goes beyond the typical positive thinking or willpower approach offering practical and scientifically backed methods to unlock the full potential of your mind Why This Book is Different While many self help books focus on superficial strategies Beyond Willpower dives deep into the workings of the subconscious mind providing a comprehensive toolkit to help you create lasting change By reprogramming your subconscious mind you ll no longer have to rely on willpower alone to achieve your goals Instead you ll find that success comes more naturally as your thoughts emotions and actions align with your desires Key Features and Benefits Reprogram Your Subconscious Learn scientifically proven techniques to rewire your brain for success and fulfillment End Limiting Beliefs Break free from negative thought patterns and beliefs that sabotage your success Neuroscience Based Approach Understand how your brain forms habits and behaviors and use that knowledge to your advantage Practical Tools Includes exercises affirmations and actionable steps you can start implementing immediately Achieve Lasting Success Go beyond temporary motivation and create sustainable lifelong change *Infidelity Recovery Workbook for Couples* Dr. Monique Thompson DHA, LPC,2021-01-05 Repairing your relationship after infidelity an unbiased hands on workbook for couples Couples can and do survive infidelity but they must first commit to the honesty and emotional work that s required for lasting change The Infidelity Recovery Workbook for Couples helps you do that with a collection of evidence based advice and activities to help facilitate the healing process You ll explore the different types of infidelity learn effective communication language and begin the process of rebuilding your trust happiness and future together Commit to a

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