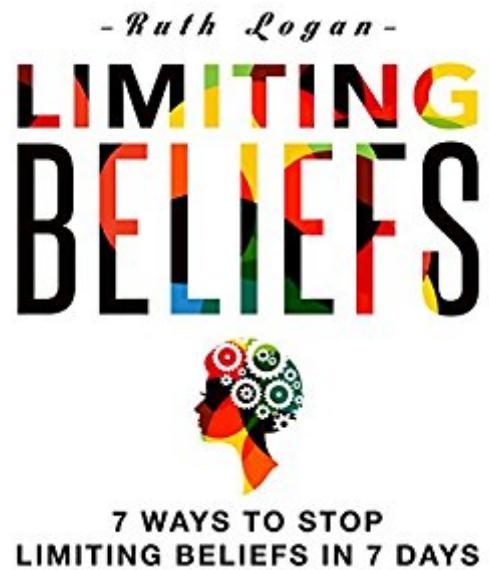


The book was found

Limiting Beliefs: 7 Ways To Stop Limiting Beliefs In 7 Days



Synopsis

How many times a day do you say to yourself that you can't do something? It may range from "quite a few" to "all the time". The doubt will not leave until you start examining the way you think and change it. That negativity holds you back. Until you believe you are able to change it, it won't happen. Sometimes we use phrases like "I mustn't" or "I shouldn't" to protect ourselves. For example, in a trying situation at work, you might say to yourself, "I mustn't lose my temper." In this example, the words I mustn't are a reminder to yourself of a standard you have set for yourself or of a rule that applies in a given situation. Each day I'll tell you about a different aspect of limiting beliefs, and I'll give you an easy and practical exercise that'll help you figure out the things that are holding you back. We'll start by digging a bit deeper in terms of understanding the different kinds of limiting beliefs so you can identify yours. Then we'll identify your goals and talk about how you can change your internal monologue to help keep those limiting beliefs at bay. Later in the week, you'll learn how to eliminate excuses and raise the standards you have for yourself. We'll also talk about how to turn your new beliefs into actions. By the end of the week, you'll be able to see a dramatic change in both the way you think and the way you feel.

Book Information

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#1619 in Books > Audible Audiobooks > Health, Mind & Body > Psychology

Customer Reviews

This book is critically short. It is meant to be a 7 day process, not a book to read cover to cover. I found it helpful but nothing earth-shattering.

Great book on crushing and destroying limiting beliefs. I know for a fact the tips that were shared in this book is going to help me get over some things that are holding me back.

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