

# It's All In Your Mind - Lindsey Sharratt

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This book was written for everyone who has a dream they have never managed to fulfill or a goal they have never managed to reach-for those who want to be a little happier, a little richer, a little more successful. Understanding yourself is the key to overcoming your problems and having the life that you want. Learning how biology, thought processes, and social experience combine to influence the way that you think and feel and how that affects your relationships, your personality, and everything that happens around you will give you a greater level of control over your life and your destiny. Within these pages, you will discover how you became the person that you are today and how to become the person that you want to be in the future. It's All in Your Mind explains the psychology that underlies your emotions and beliefs and gives you insight into why you feel and react as you do. Its easy-to-follow system will allow you to understand how the way that you see yourself and the world around you was formed and to make the changes needed for you to achieve your dreams and make your dreams a reality. Author: Sharratt, Lindsey Publisher: AuthorHouse Illustration: N Language: ENG Title: It's All In Your Mind Pages: 00000 (Encrypted PDF) On Sale: 2013-03-06 SKU-13/ISBN: 9781481783316 Category: Self-Help : Personal Growth - General

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