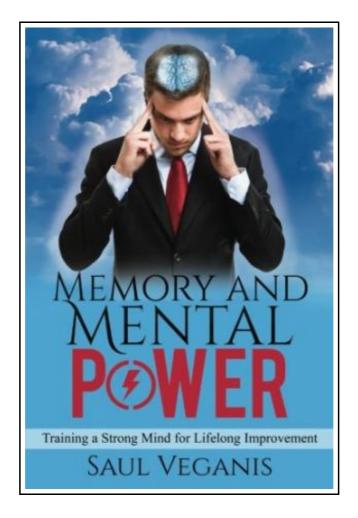
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Reviews

If you need to adding benefit, a must buy book. It is really simplified but excitement from the 50 percent of your book. I discovered this book from my dad and i recommended this book to understand.

(Dorothy Sawayn)

MEMORY AND MENTAL POWER: TRAINING A STRONG MIND FOR LIFELONG IMPROVEMENT (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Human Mind is an Infinite Trench of Potential, Are YOU Taking Advantage? We as humans often fall into patterns that keep spinning and spinning and spinning, offering no alternatives or variance to the routine. Be honest to yourself, how many times this week after you got back from work did you proceed to relax by killing time on the computer/tv/xbox? Or how about directly went to the kitchen for a handful of your favorite cheese puffs? Or better yet, didn t leave work at all, adding an extra three hours to your day due to poor task management/inability to stand up to your boss/whatever and THEN went somewhere in your comfort zone to decompress? The fact is, we dont do such things inherently because it s the path of least resistance, rather, because it s what our rituals have attracted to our lifestyle. Are you doing the things you don t enjoy/aren t good for you because they re enriching or because they re numbing? If you continue the cycle on auto-pilot, never diverting routes, never expanding your consciousness, you re forgoing your human right to creativity and individualism. The brain that you, YOU personally possess is your VIP backstage pass to reality, to creating a bright present and future. Do you agree it stands to reason developing and strengthening it is one of the most valuable investments of time you could ever make? If any of the preceeding struck a chord for you, consider how the following habits would change your life: Destroying clutter: tear your mental palace down to its base and rebuild it without all the physical and emotional burdens weighing down your potential, leaving space only...

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