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The Focused Mind State Maximizing Your Potential Through The Power Of Concentration

Mark Divine, Catherine Divine

The Focused Mind State Maximizing Your Potential Through The Power Of Concentration:

Maximize Your Potential Through the Power of Your Subconscious Mind to Develop Self Confidence and Self Esteem Dr. Joseph Murphy, 2021-05-25 Maximize Your Potential Through the Power of Your Subconscious Mind To Develop Self Confidence and Self Esteem Dr Joseph Murphy's classic book The Power of Your Subconscious Mind was first published in 1963 and became an immediate bestseller it was acclaimed as one of the best self help guides ever written Following the success of this work Dr Murphy lectured to thousands of people around the world and millions tuned in to his daily radio program In his lectures he pointed out how real people have radically improved their lives by applying specific aspects of his concepts Now these lectures have been combined edited and updated in six books that bring Dr Murphy's teachings into the 21st century and provide readers with his proven tools on how to program their subconscious minds so that they can radically improve their lives In this book Dr Murphy explains How to use the power of your subconscious mind to overcome negativity and low self esteem You are the master of your life and the ruler of your mind so if you re feeling tense or depressed and worry that no one appreciates you and people look down on you it s your fault You alone not others are responsible for your reactions thoughts feelings and emotions You don't have to let anyone have power over you Following the guidance provided in these pages you ll discover how to love yourself and open your soul to freedom from domination **Creating with the Law of Attraction** Edward J. Langan, 2011-10-20 In this peace of mind and a joyful rewarding life book Ed shares with you how by using the law of attraction coupled with your thoughts emotions and beliefs you can change your life You will learn what the law of attraction is and how to use it You will learn how powerful your thoughts are You will learn how to change your beliefs You will learn the true reasons for your emotions and how they guide your life You will be reintroduced to your super power your imagination Using the exercises to turn intellectual knowledge into practical knowing will empower you to change your life Ed makes heady concepts like quantum physics and the law of attraction user friendly In this book he takes the reader on a journey of self discovery by offering practical easy and fun exercises designed to help the reader look at his her life from a new positive and hopeful perspective Everyone can benefit from this Creating With the Law of Attraction truly is the how to guide to creating and living your dreams Hannah R Goodman author of My Sisters Wedding and My Summer Vacation Dream your life Live your dream Be your bean www BeYourBean com The Fine Arts of Relaxation, Concentration, and Meditation Joel Levey, Michelle Levey, 2005-06-10 Joel and Michelle Levey have taught thousands of people around the globe to live in greater harmony and balance Field tested and refined over many years the Leveys unique approach to stress mastery and personal development offers step by step guidance for developing personal strengths enhancing the quality of life and making a real contribution to the world The Fine Arts of Relaxation Concentration and Meditation offers a treasury of their most useful teachings Waking up throughout the day finding your meditation practice and sticking to it Balancing breath brain and mind mastering stress enhancing performance in every arena of your

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