

Read Free Wire Your Brain For  
Confidence: The Science Of  
Conquering Self Doubt

***Wire Your Brain For  
Confidence: The  
Science Of  
Conquering Self  
Doubt***

## Read Free Wire Your Brain For Confidence: The Science Of Conquering Self Doubt

Our brains are doing our best to help us out, but they can be real assholes sometimes. Sometimes it seems like your own brain is out to get you—melting down in the middle of the grocery store, picking fights with your date, getting you addicted to something, or shutting down

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completely at the worst possible moments. You already told your brain firmly that it isn't good to do these things. But your brain has a mind of its own. That's where this book comes in. With humor, patience, and lots of swearing, Dr. Faith shows you the science behind what's going on in

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your skull and talks you through the process of retraining your brain to respond appropriately to the non-emergencies of everyday life. If you're working to deal with old traumas, or if you just want to have a more measured and chill response to situations you face all the time, this

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book can help you put the pieces of the puzzle together and get your life and brain back. Here's an excerpt from the book: Knowing what 's going on up in your brain is HUGE. So much of how we interact with the world around us is a completely normal response when we take into account

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our past experiences and how our brains work. • Freaking the fuck out

- Avoiding important shit we need to take care of
- Feeling pissed off all the time
- Being a dick to people we care about
- Putting shit in our bodies that we know isn ' t good for us
- Doing shit we know is dumb or

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pointless. None of these things are fucking helpful. But they all make sense. Your brain has adapted to the circumstances in your life and started doing things to protect you, bless it. It ' s not TRYING to fuck you over (even though it totally is, at times). As we navigate the world, nasty shit

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happens. The brain stores info about the nasty shit to try to avoid it in the future. Sometimes these responses are helpful. Sometimes the responses become a bigger problem than the actual problem was. It ' s called a trauma reaction. And even if you aren ' t dealing with a specific



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trauma? Adaptive coping strategies, bad habits, and funky behaviors all wire in similar ways. And research is showing that these issues are actually some of the easier ones to treat in therapy ... if we address what 's really going on, rather than just the symptoms.

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8 minutes a day is all it takes to open up a world of superior mental performance. Just as Tai Chi has been used for centuries to balance body and mind, Mind Chi will help you increase your mental energy and be more effective in everything you do. And all you need is 8 minutes a day...

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Mind Chi is a powerful synthesis of thought and action based on the most recent research into how the brain works. By following the simple, daily exercises in this book, you will raise your mental performance to a level you never thought possible. Discover: Sharper powers of

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concentration and information  
management Improved control over  
your attention span, memory,  
thoughts and feelings Fast and easy  
ways to reduce your stress and  
increase your confidence New  
positive habits, thoughts and mental  
resilience Fantastic energy levels,

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during and after your work day Plus:  
50 Strategies for Success in Business  
& Life "An eight minute daily dose of  
Mind Chi will improve vitality, reduce  
stress and allow us to see the many  
blessings of life more clearly."

--Stephen C. Lundin PhD, author of  
the five million copy bestselling FISH!

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New York Times, USA Today, and Wall Street Journal Bestseller! Girls can rule the world—all they need is confidence. This empowering, entertaining guide from the bestselling authors of The Confidence Code gives girls the essential yet elusive code to becoming bold, brave,

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and fearless. Packed with graphic novel strips; appealing illustrations; fun lists, quizzes, and challenges; and true stories from tons of real girls, The Confidence Code for Girls teaches girls to embrace risk, deal with failure, and be their most authentic selves. It ' s a paradox familiar to parents

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everywhere: girls are achieving like never before, yet they 're consumed with doubt on the inside. Girls worry constantly about how they look, what people think, whether to try out for a sports team or school play, why they aren 't getting " perfect " grades, and how many likes and followers



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they have online. Katty Kay and Claire Shipman use cutting-edge science and research, as well as proven methods of behavioral change, to reach girls just when they need it the most—the tween and teen years. Plus don't miss Living the Confidence Code! Packed with photos, graphic

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novel strips, and engaging interviews, Living the Confidence Code proves that no matter who you are, or how old you are, nothing is out of reach when you decide to try.

'Brilliant ... it will change how you think about confidence.' Johann Hari  
'Important for everyone but crucial

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for women.' Mary Robinson

'Interesting and important.' Steven  
Pinker \_\_\_\_\_

Why do boys  
instinctively bullshit more than girls?  
How do economic recessions shape a  
generation's confidence? Can we  
have too much confidence and, if so,  
what are the consequences? Imagine

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we could discover something that could make us richer, healthier, longer-living, smarter, kinder, happier, more motivated and more innovative. Ridiculous, you might say... What is this elixir? Confidence. If you have it, it can empower you to reach heights you never thought

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possible. But if you don't, it can have a devastating effect on your future. Confidence lies at the core of what makes things happen. Exploring the science and neuroscience behind confidence that has emerged over the last decade, clinical psychologist and neuroscientist Professor Ian

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Robertson tells us how confidence plays out in our minds, our brains and indeed our bodies. He explains where it comes from and how it spreads - with extraordinary economic and political consequences. And why it's not necessarily something you are born with, but something that can be

# Read Free Wire Your Brain For Confidence: The Science Of Conquering Self Doubt learned.

Your formula to build a strong sense of self-worth so that you can better recognize opportunity, take action on your dreams, and enhance your resilience. A lack of self-confidence is one of the greatest maladies of today ' s world, one that is

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responsible for the rampant helplessness, lack of self-control, aimlessness, procrastination, and despair that characterize modern society. But as the venerable steel magnate Andrew Carnegie emphasized to Hill, “ Confidence is a state of mind, necessary to succeed,



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and the starting point of developing self-confidence is definiteness of purpose. ” The time for self-doubt and self-criticism is over. Your faith in yourself and your abilities determines whether you fail or succeed.

Napoleon Hill ' s Self-Confidence Formula enables you to boost your

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self-confidence through the application of Hill ' s strategies for controlling your thoughts. By implementing these principles, you will not only be able to operate at a higher plane of thought and action—attracting more opportunities, gaining influence, and

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strengthening relationships—but you will also be able to instill this critical quality in others. Napoleon Hill ' s Self-Confidence Formula gives you the keys to success and fulfillment by equipping you to: unlearn fears, insecurities, and limitations acquired in childhood and adolescence

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condition your mind to believe in the  
certainty of your success take bold,  
confident action on your definite  
chief aim conquer your inferiority  
complex through the mastermind  
principle build the self-reliance and  
self-esteem of today ' s youth You are  
now on the journey to confident,

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purposeful living. As you implement Hill ' s principles, you will cultivate a state of mind primed to accept the abundance reserved for you.

Hardwiring Happiness

Wire Your Brain for Confidence

Get Wired for Success: How to Wire

Your Brain for Success in Business and

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Life with Neuroscience-Made-Easy!

I Heart Me

Rewire Your Anxious Brain

Mind Chi

Why We Fall for It . . . Every Time

The Brain That Changes Itself

Get Wired For Success shows

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professionals how to wire their brain for success in business and life with neuroscience-made-easy. When Dr. Rod Irwin purchased his business for over a quarter of a million dollars, he soon discovered it

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was making a loss. With no training in business management, he plunged on, but eight years later he was over one million dollars in debt. It nearly killed him--crippling anxiety, mind-



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numbing insomnia, even a near death experience. Then his big breakthrough: Dr. Rod discovered how to use neuroscience and positive psychology to wire his brain for success. When he applied

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this little-known science to his business, it totally changed everything: happy clients, a highly motivated team, a 712% jump in profits. He created the business life of his dreams, and it totally transformed his

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life--to one of calmness,  
confidence and a love of  
living. Now, professionals  
discover how Dr. Rod did it.  
Be educated, inspired and  
entertained with Dr. Rod's  
extraordinary Get Wired For

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Success. With easy-to-understand neuroscience, readers can learn to crush their mindsets, anxieties, and fears, and unleash their amazing potential. Get Wired For Success is the spark and

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the energy professionals need  
to create the business life of  
their dreams and live a life  
they love!

Small daily acts to change  
your brain chemistry and  
structure -- so you can be in

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control at all times. Sometimes it feels like we are living out lives on autopilot, powerless to change what we are doing. But we're not powerless, we just need to rewire our brains so that the right thing is the

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easy thing. Do you feel lazy, slow, unmotivated, or apathetic? Understand your brain and you will solve all of your problems. Neuro Habits gets directly to the root of all behavior: the human brain. We

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will explore the quirks of the brain that create habits from both a psychological and neurological perspective, and what we can do about it. This book also presents an in-depth view of the concept of



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habits and exactly what motivates us to act. You will gain a scientifically-proven step by step guide on how to change your behavior in a sustainable way, and also make sure that you can put a

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halt to the destructive behaviors you've tried so hard to avoid. This is a guidebook, with actionable content almost every single page. Learn how tiny daily changes can affect your brain chemistry and

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structure. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with a multitude of individuals to unlock their

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potential and path towards success. His writing draws on his academic, coaching, and research experience.

Transform your negative impulses into positive habits.

- What neuroplasticity is and

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how it can change your life

- Understand the relationship between dopamine and your behaviors
- What a keystone habit is and why it matters
- The definitive process of creating a new habit
- Why

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replacing habits just might be more effective overall •The most common flaws in habit formation Change your habits, change your life. BUY NOW.

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## Conquering Self-Doubt

Are you optimistic or pessimistic? Glass half-full or half-empty? Do you look on the bright side or turn towards the dark? These are easy questions for most of us to

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answer, because our personality types are hard-wired into our brains. As pioneering psychologist and neuroscientist Elaine Fox has discovered, our outlook on life reflects our primal inclination



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to seek pleasure or avoid danger—inclinations that, in many people, are healthily balanced. But when our “fear brain” or “pleasure brain” is too strong, the results can be disastrous, as those of us

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suffering from debilitating shyness, addiction, depression, or anxiety know all too well. Luckily, anyone suffering from these afflictions has reason to hope. Stunning breakthroughs in

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neuroscience show that our brains are more malleable than we ever imagined. In *Rainy Brain, Sunny Brain*, Fox describes a range of techniques—from traditional cognitive behavioral therapy

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to innovative cognitive-retraining exercises—that can actually alter our brains' circuitry, strengthening specific thought processes by exercising the neural systems that control them. The

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implications are enormous:  
lifelong pessimists can train  
themselves to think positively  
and find happiness, while  
pleasure-seekers inclined  
toward risky or destructive  
behavior can take control of

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their lives. Drawing on her own cutting-edge research, Fox shows how we can retrain our brains to brighten our lives and learn to flourish. With keen insights into how genes, life experiences and

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cognitive processes interleave together to make us who we are, Rainy Brain, SunnyBrain revolutionizes our basic concept of individuality. We learn that we can influence our own personalities, and that

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our lives are only as "sunny"  
or as "rainy" as we allow them  
to be.

Use the powerful effects of  
gratitude combined with the  
tried-and-tested technique of  
affirmations to permanently



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change your self-love and confidence mindset. Rewire your brain in a fun, inspiring way!

The Emergency Mind

The Magic of Thinking Big

Confidence Training For High

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Self-Esteem

Innate

The D. N. A. System to  
Reprogram Your Brain & Wire  
Yourself for Success

The Science of Self-Love

The Confidence Code for Girls

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Your Guide to Self-Reliance  
and Success

Uncover the secret to defeating anxiety  
and create a better life with  
neuroplasticity. Are you searching for a  
powerful way to hack into your  
subconscious mind and transform the

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way you think? Have you heard about the revolutionary science behind neuroplasticity before, but you're not sure what it's all about? Then keep reading. Neuroplasticity is a powerful, proven method of reshaping your mindsets and taking advantage of the

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brain's natural ability to change.

Whether you want to overcome anxiety, improve your focus and memory, or defeat phobia and addiction, the ability to hack into your mind and reshape your subconscious beliefs is a powerful way to achieve

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lasting, positive change. Now, this essential guide offers you a practical way of harnessing the adaptive power of neuroplasticity to alter the way you think. Drawing on the latest research, you'll find tried-and-tested exercises and easy-to-follow advice designed to

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help you master this life-changing skill.  
Here's just a little of what you'll  
discover inside: Exploring the Origins  
and History of Neuroplasticity The  
Surprising Reasons That  
Neuroplasticity Can Help You Defeat  
Anxiety and Depression Practical

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Exercises for Becoming More Focused  
Simple Methods for Naturally  
Improving Your Brain's Adaptive  
Capabilities Tips and Tricks to Keep  
Your Hypothalamus Healthy And How  
to Harness Neuroplasticity to  
Overcome Addictions Phobias,



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Insomnia and More With easy-to-follow instructions backed by the latest neurological research, this audiobook is the perfect tool for mental mastery. So don't wait - it's time for you to discover how you can supercharge your productivity and memory, stop mental

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illness in its tracks, and transform your mind with the help of neuroplasticity.

Scroll up and buy now to begin unlocking the secrets of neuroplasticity today!

Since Dr. Brizendine wrote The Female Brain ten years ago, the

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response has been overwhelming. This New York Times bestseller has been translated into more than thirty languages, has sold nearly a million copies between editions, and has most recently inspired a romantic comedy starring Whitney Cummings and Sofia

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Vergara. And its profound scientific understanding of the nature and experience of the female brain continues to guide women as they pass through life stages, to help men better understand the girls and women in their lives, and to illuminate the delicate

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emotional machinery of a love relationship. Why are women more verbal than men? Why do women remember details of fights that men can't remember at all? Why do women tend to form deeper bonds with their female friends than men do with their

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male counterparts? These and other questions have stumped both sexes throughout the ages. Now, pioneering neuropsychiatrist Louann Brizendine, M.D., brings together the latest findings to show how the unique structure of the female brain

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determines how women think, what they value, how they communicate, and who they love. While doing research as a medical student at Yale and then as a resident and faculty member at Harvard, Louann Brizendine discovered that almost all of the

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clinical data in existence on neurology, psychology, and neurobiology focused exclusively on males. In response to the overwhelming need for information on the female mind, Brizendine established the first clinic in the country to study and treat women's



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brain function. In *The Female Brain*, Dr. Brizendine distills all her findings and the latest information from the scientific community in a highly accessible book that educates women about their unique brain/body/behavior. The result: women will come away

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from this book knowing that they have a lean, mean, communicating machine. Men will develop a serious case of brain envy.

Psychotherapy that regularly yields liberating, lasting change was, in the last century, a futuristic vision, but it

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has now become reality, thanks to a convergence of remarkable advances in clinical knowledge and brain science. In *Unlocking the Emotional Brain*, authors Ecker, Ticic and Hulley equip readers to carry out focused, empathic therapy using the process found by

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researchers to induce memory reconsolidation, the recently discovered and only known process for actually unlocking emotional memory at the synaptic level. Emotional memory's tenacity is the familiar bane of therapists, and researchers have long

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believed that emotional memory forms indelible learning. Reconsolidation has overturned these views. It allows new learning to erase, not just suppress, the deep, unconscious, intensely problematic emotional learnings that form during childhood or in later

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tribulations and generate most of the symptoms that bring people to therapy. Readers will learn methods that precisely eliminate unwanted, ingrained emotional responses—whether moods, behaviors or thought patterns—causing no loss of ordinary

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narrative memory, while restoring clients' well-being. Numerous case examples show the versatile use of this process in AEDP, Coherence Therapy, EFT, EMDR and IPNB.

"Advice, exercises, and examples to help readers increase their clarity,

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connection, competence, calm, and courage, from a clinical therapist, mindfulness teacher, and expert on the neuroscience of relationships.

Applicable to relationships, jobs, and everyday life"--Provided by publisher.

"It's a startling and disconcerting read



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that should make you think twice every time a friend of a friend offers you the opportunity of a lifetime.” —Erik Larson, #1 New York Times bestselling author of Dead Wake and bestselling author of Devil in the White City Think you can't get conned?

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Think again. The New York Times bestselling author of *Mastermind: How to Think Like Sherlock Holmes* explains how to spot the con before they spot you. “[An] excellent study of Con Artists, stories & the human need to believe” –Neil Gaiman, via Twitter

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A compelling investigation into the minds, motives, and methods of con artists—and the people who fall for their cons over and over again. While cheats and swindlers may be a dime a dozen, true conmen—the Bernie Madoffs, the Jim Bakkers, the Lance

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Armstrong—are elegant, outsized personalities, artists of persuasion and exploiters of trust. How do they do it? Why are they successful? And what keeps us falling for it, over and over again? These are the questions that journalist and psychologist Maria

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Konnikova tackles in her mesmerizing new book. From multimillion-dollar Ponzi schemes to small-time frauds, Konnikova pulls together a selection of fascinating stories to demonstrate what all cons share in common, drawing on scientific, dramatic, and psychological

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perspectives. Insightful and gripping, the book brings readers into the world of the con, examining the relationship between artist and victim. The Confidence Game asks not only why we believe con artists, but also examines the very act of believing and

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how our sense of truth can be  
manipulated by those around us.

Ready, Set, Live!

Taking Risks, Messing Up, &  
Becoming Your Amazingly Imperfect,  
Totally Powerful Self  
Rewire Your Brain

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Empowering Strategies for an  
Enlightened Life

Eliminating Symptoms at Their Roots

Using Memory Reconsolidation

Napoleon Hill's Self-Confidence

Formula

Why Your Twenties Matter--And How



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to Make the Most of Them Now

2 Books in 1 - Rewire Your Brain and

Stop Overthinking. Increase Your

Mental Toughness, Self Confidence

and Willpower. How to Develop the

Power of Habit and Self Control

*In this transformational book –*

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*the first of its kind – bestselling author David Hamilton fuses science with self-help to offer simple yet powerful strategies for learning to love yourself.*

*Throughout I Heart Me, you will learn that loving yourself means*

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*more than feeling good about  
yourself or being kind to yourself  
– it's about being self-confident,  
being able to express yourself  
without fear, being unconcerned  
about whether you're liked, and  
living your own life – not*

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*someone else's idea of what your life should be. With the most up-to-date research and findings on the subject of self-love, this book offers simple ways to achieve significant breakthroughs in your own journey to self-acceptance.*

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*You will be guided through powerful exercises that will leave you feeling better about yourself than you have ever felt before. Ultimately, you will learn not only how to love yourself, but how you can actually wire this self-love*

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*into your brain with lasting effects, bringing you unprecedented happiness and peace.*

*In a critical situation when everything is on the line, will you be able to perform? ER doctors*

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*or not, we all face emergencies in our lives-times when we must make critical decisions in high-stakes, uncertain, pressure-filled environments. Even with the best possible training, bringing our knowledge to bear in the stress*

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*and pressure of these moments can feel overwhelming if not impossible. In The Emergency Mind: Wiring Your Brain for Performance Under Pressure, Dan Dworkis, MD PhD takes you into the minds of the doctors who*



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*run resuscitation rooms and treat the ill and injured to teach you how to perform when the pressure is on. Leveraging the mental models and lessons from his own practice of emergency medicine-as well as from experts*

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*in the military, business, and athletic worlds-Dr. Dworkis shows you how to train mentally to perform at your best when you're needed the most. Whether you're an emergency medicine resident, medical student, APP,*

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*nurse, paramedic, entrepreneur,  
athlete, or anyone else who  
performs under pressure, The  
Emergency Mind will teach you  
simple, concrete steps to wire  
your brain for the best possible  
performance and build your own*

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*emergency mind.*

*Stop running. Nothing is chasing you. Thanks to technology, today's world is more comfortable than ever, but our survival instinct that evolved to protect us from danger is on high alert. Though*

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*mild discomforts such as work demands, traffic jams, family conflict, or having to perform under pressure are not life threatening, they can still trigger the brain's fight or flight fear reaction. And this response can*

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*lead to a reliance on drugs, alcohol, overeating, insomnia, phobias, chronic pain, illness, or just losing our temper for no apparent reason. In this eye-opening book, psychologist Dr. Marc Schoen offers practical*

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*strategies to tame your overly reactive survival instinct and conquer fear, build resilience, boost decision-making, and improve every aspect of your life. Do you ever wonder what is happening inside your brain when*

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*you feel anxious, panicked, and worried? In Rewire Your Anxious Brain, psychologist Catherine Pittman and author Elizabeth Karle offer a unique, evidence-based solution to overcoming anxiety based in cutting-edge*



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*neuroscience and research. In the book, you will learn how the amygdala and cortex (both important parts of the brain) are essential players in the neuropsychology of anxiety. The amygdala acts as a primal*

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*response, and oftentimes, when this part of the brain processes fear, you may not even understand why you are afraid. By comparison, the cortex is the center of “worry.” That is, obsessing, ruminating, and*

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*dwelling on things that may or may not happen. In the book, Pittman and Karle make it simple by offering specific examples of how to manage fear by tapping into both of these pathways in the brain. As you read, you'll gain a*

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*greater understanding how anxiety is created in the brain, and as a result, you will feel empowered and motivated to overcome it. The brain is a powerful tool, and the more you work to change the way you*

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*respond to fear, the more resilient you will become. Using the practical self-assessments and proven-effective techniques in this book, you will learn to literally “rewire” the brain processes that lie at the root of your fears.*

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*A positive psychology expert's  
approachable and game-  
changing guide to wiring your  
brain for a more action-oriented  
kind of confidence that boosts  
your courage to act, even when  
you're feeling afraid.*

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*Choke*

*How Confidence Works*

*How to Use the Neuroscience of  
Fear to End Anxiety, Panic, and  
Worry*

*Think Your Way to a Better Life*

*Stories of Personal Triumph from*

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*the Frontiers of Brain Science  
What the Secrets of the Brain  
Reveal About Getting It Right  
When You Have To  
Your Survival Instinct Is Killing  
You  
A Definitive Guide to Rewiring*



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*Your Brain, Changing Your  
Habits, Beating Procrastination,  
and Developing a New Mind with  
the Power of Mental Exercises  
and Mindset-Altering Techniques*

Do you ever wonder why you are  
confident in some areas of your life,

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yet in other areas you have so much fear and self-doubt? The good news is scientists have discovered the formula for how you can wire your brain for a more action-oriented kind of confidence that boosts your courage to act, even

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when you're feeling afraid. In this approachable and game-changing guide, positive psychology expert Louisa Jewell shows that adopting a resilient mindset will enable you to show up as your best self at home and in the workplace. Jewell

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has deep knowledge of the science of the good life, honed through years of study and practice, and here she presents only the most effective and proven techniques for increasing your grit and confidence. Through stories, reflection

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questions, and exercises, she will guide you from fear to courage, and give you the ability to accomplish the goals that seemed impossible. Wire Your Brain for Confidence will put you on the fast track to flourishing in every area of your

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life. Louisa Jewell is the founder and president of the Canadian Positive Psychology Association. The CPPA brings together leading-edge researchers and practitioners from around the world to study and understand where human potential,

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success, and happiness intersect. Louisa has spoken to thousands of people around the world about how to increase happiness, resilience, and meaning so they can show up as their best selves and do their best work. She holds a master's in

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applied positive psychology,  
teaches positive psychology at the  
University of Toronto and the  
University of Texas at Dallas, and  
regularly delivers webinars and  
workshops to clients in all  
sectors."Timely and well-written,



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Wire Your Brain for Confidence translates complex research into understandable, practical, and vital tools not just for surviving the modern world, but remaking it. Amidst all the competition, demands upon our time, and

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societal pressure, Louisa Jewell provides a clear path forward for girls and women everywhere striving to define success and worth for themselves." --Shawn Achor, New York Times bestselling author of The Happiness Advantage" On

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our path towards a happier life, there may be no more important journey than the one from self-doubt to self-confidence. In Wire Your Brain for Confidence, Louisa Jewell provides an easy-to-use yet well-researched map that you can

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use for this important journey." --Tal Ben-Shahar, New York Times bestselling author of Happier and Choose the Life You Want"Wire Your Brain for Confidence offers a practical step-by-step guide to achieving goals for anyone who has

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struggled with self-doubt. Louisa Jewell demystifies the science behind action-oriented confidence and makes it accessible to all. This book will empower you to go for your dreams and live your happiest life." --Marci Shimoff, #1 New York

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Times bestselling author of Happy for No Reason and Chicken Soup for the Woman's Soul "Wire Your Brain for Confidence is a remarkable book for anyone who aspires to have more confidence, success, and overall well-being!

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Louisa Jewell has written a brilliant book that is steeped in research and filled with novel ideas and memorable stories. I learned things from this book that I will use for years to come." --Tom Rath, #1 New York Times bestselling author

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of How Full Is Your Bucket?,  
StrengthsFinder 2.0, Eat Move  
Sleep, and Are You Fully Charged?  
Explains the brain science behind  
why some people "choke" under  
pressure, examining how attention  
and working memory guide human



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performance; how experience, practice, and brain development interact; and how these interconnected elements react to stress.

These days it's hard to count on the world outside. So it's vital to grow

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strengths inside like grit, gratitude, and compassion--the key to resilience, and to lasting well-being in a changing world. True resilience is much more than enduring terrible conditions. We need resilience every day to raise a family, work at

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a job, cope with stress, deal with health problems, navigate issues with others, heal from old pain, and simply keep on going. With his trademark blend of neuroscience, mindfulness, and positive psychology, New York Times

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bestselling author Dr. Rick Hanson shows you how to develop twelve vital inner strengths hardwired into your own nervous system. Then no matter what life throws at you, you'll be able to feel less stressed, pursue opportunities with

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confidence, and stay calm and centered in the face of adversity. This practical guide is full of concrete suggestions, experiential practices, personal examples, and insights into the brain. It includes effective ways to interact with

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others and to repair and deepen important relationships. Warm, encouraging, and down-to-earth, Dr. Hanson's step-by-step approach is grounded in the science of positive neuroplasticity. He explains how to overcome the

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brain's negativity bias, release painful thoughts and feelings, and replace them with self-compassion, self-worth, joy, and inner peace. Previously published Wiltshire, 1967. Guide to personal health and success

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An inspirational guide for overcoming adversity and leading a fulfilled life, with contributions by more than two dozen experts on personal transformation. Trials and difficulties are a part of life. Whether these adversities are



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related to one's health, finances, career, or family, we all have burdens to work through. With wisdom from more than 25 transformational leaders, including New York Times – bestselling authors Janet Bray Attwood, Marci

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Shimoff and Chris Attwood, this inspiring collection offers practical advice for pushing through hardships and consciously creating the life you've always wanted. Here you will find engaging personal accounts punctuated with humor,

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deep insight, and heart-centered wisdom. These entertaining tales contain the knowledge, tools, and motivation you need to build abundance, happiness, health, and love. Covering topics from career to relationships to personal growth,

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this international team of authors will show you how to finally overcome some of life's most stubborn challenges and live the life you were destined for. No matter what your circumstances, there is a way to make a change. Let Ready,

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Set, Live! Be your guide.

The Confidence Code

The Defining Decade

Rewiring Your Brain for Maximum  
Resilience and Well-Being

Affirmations Journal for Self-Love  
and Confidence

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Unlocking the Emotional Brain

Resilient

Prediction, Action, and the  
Embodied Mind

Neuroplasticity

*Why is it easier to ruminate over hurt  
feelings than it is to bask in the*

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*warmth of being appreciated? Because your brain evolved to learn quickly from bad experiences but slowly from the good ones. You can change this. Hardwiring Happiness lays out a simple method that uses the hidden power of everyday experiences to build new neural*

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*structures full of happiness, love, confidence, and peace. Dr. Hanson's four steps build strengths into your brain—balancing its ancient negativity bias—making contentment and a powerful sense of resilience the new normal. In mere minutes each day, we can transform our brains into*



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*refuges and power centers of calm  
and happiness.*

*A clinical neuropsychologist and test-  
prep guru combine cutting-edge brain  
science with insights from their work  
with families to make a radical case  
for giving kids more freedom to  
unleash their full potential.*

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*How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that*

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*the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how*

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*you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated*

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*and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge*

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*developments in neuroscience, and evidence-based practices can be used to improve your everyday life*

*Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a*

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*leader in integrating the new  
developments in neuroscience with  
psychotherapy and Director of  
Training in Mental Health for Kaiser  
Permanente for the Northern  
California Region Explaining exciting  
new developments in neuroscience  
and their applications to daily living,*

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*Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations. Did you know that your personality is not set in stone and that you can easily become whatever you want to be? Do any of the following thoughts*



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*apply to you? - You feel deflated, and sometimes lose your motivation and confidence - You sometimes feel like an impostor or a fraud - You feel ashamed, frustrated and wonder what's wrong with you - You keep your dreams on the back burner; you procrastinate and put off what's*

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*important to you to make room for what's important for others - You have been successful but you have lost your mojo, you wonder how to get it back In this book, you will learn the components of success and how to define exactly what it means for you. You will discover why your*

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*previous attempts to succeed may have resulted in self-sabotage, how it happens to us and ways to avoid it moving forward. The three co-authors of this book, Nathalie Plamondon-Thomas, Maureen (Mo) Hagan and Tasha Hughes, believe that every person already has everything they*

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*need to succeed. It is in your DNA. Somewhere inside, you know exactly what to do in order to be your best. Everybody is extraordinary and unique. Everyone can achieve the life that they desire. The know-how is all within you, waiting to be discovered. In this book, you will learn about the*

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*D.N.A. System that Nathalie created working with her clients as a Life Coach and Executive Coach, combined with the experience and know-how of co-authors Maureen Hagan, Global Health and Wellness Expert, and Tasha Hughes, Women's Empowerment Coach. You will*

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*discover how to reprogram your brain to succeed - and how to stay on the right track for good. The D.N.A. System stands for: Desire - New You - Actualize. You will come away from this book with a new understanding of the internal journey of Defining - Undefined - Redefining. You will have*

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*a powerful ability to change your state: to shift from doing successful to being successful.*

*Recent scientific breakthroughs have revealed that what we think and feel changes the brain. Dr Rick Hanson's Hardwiring Happiness is the first book to show how to*

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*transform the simple positive experiences of daily life into neural structures that promote lasting health, contentment, love and inner peace. To keep our ancestors alive, our brain evolved a "negativity bias" (tm), which lets positive experiences flow through it like water*



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*through a sieve. Yet positive experiences are the building blocks needed for health, happiness and fulfilling relationships. Drawing on neuroscience and the contemplative traditions, Hardwiring Happiness shows how to overcome that negativity bias and get those good*

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*experiences into the brain where it can use them, providing the tools we need to heal old wounds, develop our inner resources and, ultimately, transform our lives.*

*Using Science to Get Over Anxiety, Depression, Anger, Freak-outs, and Triggers*

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*The Science of Conquering Self-Doubt*  
*Wiring Your Brain for Performance*  
*Under Pressure*  
*The Practical Science of Reshaping*  
*Your Brain-and Your Life*

*The new science of self-belief*  
*The New Brain Science of*

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*Contentment, Calm, and Confidence  
The Female Brain*

**A leading neuroscientist explains  
why your personal traits are more  
innate than you think What makes  
you the way you are—and what  
makes each of us different from**

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**everyone else? In Innate, leading neuroscientist and popular science blogger Kevin Mitchell traces human diversity and individual differences to their deepest level: in the wiring of our brains. Deftly guiding us through important new research,**

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**including his own groundbreaking work, he explains how variations in the way our brains develop before birth strongly influence our psychology and behavior throughout our lives, shaping our personality, intelligence, sexuality, and even the**

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way we perceive the world.**

**Compelling and original, Innate will  
change the way you think about why  
and how we are who we are.**

**New York Times bestselling  
psychologist Dr. Meg Jay uses real  
stories from real lives to provide**

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**smart, compassionate, and  
constructive advice about the crucial  
(and difficult) years we cannot afford  
to miss. Our "thirty-is-the-new-  
twenty" culture tells us the  
twentysomething years don't matter.  
Some say they are a second**



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**adolescence. Others call them an emerging adulthood. Dr. Meg Jay, a clinical psychologist, argues that twentysomethings have been caught in a swirl of hype and misinformation, much of which has trivialized what is actually the most**

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**defining decade of adulthood.**

**Drawing from almost two decades of work with hundreds of clients and students, The Defining Decade weaves the latest science of the twentysomething years with the behind-closed-doors stories from**

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**twentysomethings, themselves. The result is a provocative read that provides the tools necessary to make the most of your twenties, and shows us how work, relationships, personality, social networks, identity, and even the brain can change more**

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**during this decade than at any other time in adulthood—if we use the time wisely. The Defining Decade is a smart, compassionate and constructive book about the years we cannot afford to miss.**

**The timeless and practical advice in**

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**The Magic of Thinking Big** clearly demonstrates how you can: **Sell more Manage better Lead fearlessly Earn more Enjoy a happier, more fulfilling life** With applicable and easy-to-implement insights, you'll **discover: Why believing you can**

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**succeed is essential How to quit  
making excuses The means to  
overcoming fear and finding  
confidence How to develop and use  
creative thinking and dreaming Why  
making (and getting) the most of  
your attitudes is critical How to**

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**think right towards others The best ways to make “action” a habit How to find victory in defeat Goals for growth, and How to think like a leader "Believe Big,” says Schwartz. “The size of your success is determined by the size of your belief.**

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**Think little goals and expect little achievements. Think big goals and win big success. Remember this, too! Big ideas and big plans are often easier -- certainly no more difficult - than small ideas and small plans."**  
**Following the success of Lean In and**



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**Why Women Should Rule the World, the authors of the bestselling Womenomics provide an informative and practical guide to understanding the importance of confidence—and learning how to achieve it—for women of all ages and at all stages of**

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**their career. Working women today are better educated and more well qualified than ever before. Yet men still predominate in the corporate world. In The Confidence Code, Claire Shipman and Katty Kay argue that the key reason is**

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**confidence. Combining cutting-edge research in genetics, gender, behavior, and cognition—with examples from their own lives and those of other successful women in politics, media, and business—Kay and Shipman go beyond**

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**admonishing women to "lean in." Instead, they offer the inspiration and practical advice women need to close the gap and achieve the careers they want and deserve.**

**Do you dream of making it big? Do**

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**you think you need talent or luck for that? The answer is no; you just need the right amount of self-discipline! You might think that success comes by being in the right place at the right time. That successful people are "just that lucky", or that they**

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**come from wealthy backgrounds.**

**That's certainly not the case most of the time. The secret to success is discipline and mental toughness! In life, there are obstacles everywhere you go. Being successful isn't measured by evading or ignoring**

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**them, it is measured by your willingness to meet them face to face and push through them head-on. To be able to do that, you need willpower and self-discipline. And to have those skills at your disposal, you need a proper set of tools. In this**

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**book, you will find amazing techniques and exercises to help you boost your confidence, increase willpower, and to rewire your brain to succeed. Here's what you'll discover inside this book: (Re)wire your brain: Dress your brain with**



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**the right mindset for success;  
Healthy habits lead to easy  
achievements. Discipline your mind:  
Reap the financial benefits by setting  
your mind on track Explore the  
power of the mind: Awaken your  
hidden potential and employ the Law**

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**of Attraction to your benefit.**

**Toughest minds are the sharpest  
minds: Toughen your mental power,  
become ready for anything that life  
throws at you. Secrets of  
subconsciousness: Acquire the  
ultimate skills of subconscious**

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**manipulation; Become the boss in the room you are in. This book is made to help you build the self-discipline, mental strength, and willpower you need. Simple mind exercises and habit-forming practices will help you acquire the**

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**skills you need to tackle and overcome everyday obstacles to ensure you stay on the path to success. With this guide in your hands, become more successful in everything you do, a little self-discipline goes a long way!**

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**Rewire Your Brain to Stop Self-  
Defeating Behaviors and Make the  
Right Choice Every Time  
How to Retrain Your Brain to  
Overcome Pessimism and Achieve a  
More Positive Outlook  
The Small Changes That Change**

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**Everything**

**Uncover Your Self-Esteem And  
Charisma By Learning The  
Confidence Code**

**Surfing Uncertainty**

**Rainy Brain, Sunny Brain**

**How to Use the Power of NLP to Be**

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**More Dynamic and Successful  
Bouncing Back**

*In Rewire Your Brain for  
Love, neuropsychologist  
Marsha Lucas brings  
together neuroscience  
and mindfulness*

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*meditation in an  
exciting program to help  
readers create and  
sustain better,  
healthier, juicier  
romantic relationships.  
With a passion for*



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*neuroscience and the  
ability to relay it in a  
clear, unintimidating-  
and funny- manner, Lucas  
delves into how the  
human brain works in  
relationships, exploring*

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*the neurological  
connections that fuel  
our reactions. In an  
inviting and reassuring  
tone, she describes how  
we developed our current  
relationship wiring and*

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*how to modify it through  
mindfulness meditation.  
Focusing on nine high-  
voltage benefits-  
including everything  
from being able to  
better manage your*

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*reactions, to improved  
communication with  
yourself and others, to  
an enhanced ability to  
handle fear—Lucas shows  
how a short daily  
meditation practice can*

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*change the way you  
interact with everyone  
around you...especially  
those closest to you.  
Each chapter focuses on  
one benefit, including  
an in-depth description*

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*of exactly what that  
benefit is and how it  
will improve the  
reader's life. She looks  
at the science and  
research associated with  
mindfulness meditation*

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*in relation to each  
benefit, and then  
provides readers with a  
specific meditation to  
help bring that benefit  
into their  
relationships. Imagine,*

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*instead of blowing up at an off-hand statement your partner makes, you are able to stop, breathe, and respond in a thoughtful manner. And as the author says, "You*



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*don't have to become a  
monk, or a vegetarian,  
or spend hours  
contemplating your  
navel"; you simply need  
to notice your mind's  
busyness and not get all*

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*tangled up in it. This  
simple process truly can  
change your life.*

*“If you are serious  
about gaining more  
confidence, you must get  
this book!” --Robert*

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*Allen, bestselling  
author of The One Minute  
Millionaire Imagine  
having the confidence  
and courage to go after  
your goals: a successful  
career; a rewarding*

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*relationship; a richer,  
fuller life. If you can  
dream it, you can do  
it--using the scientific  
methods of  
Neurolinguistic  
Programming (NLP).*

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*Through NLP, author Kent Sayre transformed himself from a painfully shy introvert into one of the nation's most dynamic NLP trainers. He's taught thousands*

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*how to break out of  
their shells and go  
after their dreams. Now,  
with his proven system,  
you too can harness the  
power of NLP and: Blast  
out of your comfort zone*

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*Shatter your limiting  
beliefs Boost your  
confidence--instantly!  
This isn't a collection  
of "pie in the sky"  
theories and "go for it"  
pep talks. It's a step-*

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*by-step program of ready-to-use tools, verbal and nonverbal techniques, and practical thinking exercises that direct your mind toward your goals. You'll be amazed*



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*how easy it is to  
interact with others;  
embrace opportunities;  
and enjoy parties,  
activities, work  
functions, and more.*

*“This wonderful book*

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*will give you the boost  
toward success that can  
make all the  
difference!" --Brian  
Tracy, author of Maximum  
Achievement*

*The world's leading*

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*expert on habit*

*formation shows how you*

*can have a happier,*

*healthier life: by*

*starting small. Myth:*

*Change is hard. Reality:*

*Change can be easy if*

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*you know the simple  
steps of Behavior*

*Design. Myth: It's all  
about willpower.*

*Reality: Willpower is  
fickle and finite, and  
exactly the wrong way to*

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*create habits. Myth: You  
have to make a plan and  
stick to it. Reality:  
You transform your life  
by starting small and  
being flexible. BJ FOGG  
is here to change your*

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*life--and revolutionize  
how we think about human  
behavior. Based on  
twenty years of research  
and Fogg's experience  
coaching more than  
40,000 people, Tiny*

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*Habits cracks the code of habit formation. With breakthrough discoveries in every chapter, you'll learn the simplest proven ways to transform your life. Fogg shows*

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*you how to feel good  
about your successes  
instead of bad about  
your failures. Already  
the habit guru to  
companies around the  
world, Fogg brings his*



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*proven method to a global audience for the first time. Whether you want to lose weight, de-stress, sleep better, or be more productive each day, Tiny Habits makes*

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*it easy to achieve.*

*You want to wire your  
brain for confidence,  
but you feel as if it is  
in some ways out of your  
reach? You want to  
become confident in all*

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*areas of your life, so  
you can truly enjoy what  
life has to offer  
without being distracted  
by your fears? You want  
to improve your courage  
and be able to act*

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*without self-doubt even when you are afraid to take further steps? If any of these questions relate to you in any way, you are definitely in the right place. The*

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*truth is that everyone  
wants confidence,  
everyone wants to be  
brave and courageous  
when it comes to taking  
certain actions in life.  
Contrarily to popular*

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*beliefs, confidence can be improved, but you have to work on yourself. Like every other area of your life, if you want to improve or build confidence it*

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*definitely requires  
efforts and time  
invested. Building  
confidence is actually a  
process, a long process  
during which you will  
learn how to embrace the*

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*power of being confident  
the right way. During  
this process, you will  
also learn how to stop  
fearing success and  
failure, and how to  
embrace new*



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*opportunities coming  
your way. During this  
process, you will also  
discover yourself, your  
powers and strengths and  
learn how to use them to  
your advantage. Building*

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*self-confidence means  
that you learn how to  
love and respect  
yourself as you embrace  
your imperfections. The  
truth is that everyone  
can rule the world, but*

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*in order to do so, they  
need confidence and they  
have to trust  
themselves. While the  
road can be bumpy and  
full of roadblocks, it  
is definitely worth*

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*taking because in the  
end you are courageous  
enough, so you can take  
risks and embrace  
challenges, you can deal  
with mistakes and  
failures and most*

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*importantly, you are  
extremely proud of your  
authentic self. Inside  
You Will Discover: -What  
is self-doubt and how it  
can affect your life in  
general -How self-doubt*

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*and fears are connected*

*-How to overcome self-  
doubt with simple steps*

*-What is self-confidence  
and why is it important*

*-Explore where self-  
confidence actually*

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*originates -How you can  
improve your self-  
confidence -Explore the  
power of self-acceptance  
-Why is it important to  
stop being a  
perfectionist -Why is it*

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*important to love and  
respect yourself -How to  
embrace the power of  
positive self-talk -And  
much, much more... Get  
this book NOW, learn how  
to properly wire your*



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*brain for confidence, so  
you can finally start  
loving and respecting  
your authentic self!*

*“Fascinating. Doidge’s  
book is a remarkable and  
hopeful portrait of the*

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*endless adaptability of  
the human brain.”—Oliver  
Sacks, MD, author of The  
Man Who Mistook His Wife  
for a Hat What is  
neuroplasticity? Is it  
possible to change your*

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*brain? Norman Doidge's  
inspiring guide to the  
new brain science  
explains all of this and  
more An astonishing new  
science called  
neuroplasticity is*

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*overthrowing the  
centuries-old notion  
that the human brain is  
immutable, and proving  
that it is, in fact,  
possible to change your  
brain. Psychoanalyst,*

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*Norman Doidge, M.D.,  
traveled the country to  
meet both the brilliant  
scientists championing  
neuroplasticity, its  
healing powers, and the  
people whose lives*

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*they've*

*transformed—people whose  
mental limitations,  
brain damage or brain  
trauma were seen as  
unalterable. We see a  
woman born with half a*

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*brain that rewired  
itself to work as a  
whole, blind people who  
learn to see, learning  
disorders cured, IQs  
raised, aging brains  
rejuvenated, stroke*

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*patients learning to  
speak, children with  
cerebral palsy learning  
to move with more grace,  
depression and anxiety  
disorders successfully  
treated, and lifelong*



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*character traits  
changed. Using these  
marvelous stories to  
probe mysteries of the  
body, emotion, love,  
sex, culture, and  
education, Dr. Doidge*

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*has written an immensely  
moving, inspiring book  
that will permanently  
alter the way we look at  
our brains, human  
nature, and human  
potential.*

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*Self-Discipline*

*Tiny Habits*

*Rewire Your Brain for  
Love*

*How to Grow an  
Unshakable Core of Calm,  
Strength, and Happiness*

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*Think Yourself*

*Successful*

*The Science and Art of*

*Self-Assurance---*What

*Women Should Know*

*The Self-driven Child*

*How the Wiring of Our*

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*Brains Shapes Who We Are*

**This title brings together  
work on embodiment, action,  
and the predictive mind. At  
the core is the vision of  
human minds as prediction  
machines - devices that  
constantly try to stay one**

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**step ahead of the breaking waves of sensory stimulation, by actively predicting the incoming flow. In every situation we encounter, that complex prediction machinery is already buzzing, proactively trying to**

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**anticipate the sensory  
barrage. The book shows in  
detail how this strange but  
potent strategy of self-  
anticipation ushers  
perception, understanding,  
and imagination  
simultaneously onto the**

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**cognitive stage.**

**Neuro-Habits**

**Unstoppable Confidence**

**Re-wire Your Brain in 8**

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**Life**

**Psycho-Cybernetics**

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Unfuck Your Brain  
Using Gratitude and the Law  
of Attraction to Adopt a  
Loving, Confident Mindset  
Retrain Your Brain to Conquer  
Fear and Build Resilience**