



## Mind Gym: The Fundamentals of Practice: Easy Tips and Tricks for Your Improvement (Paperback)

By Miss Rachel Rebecca Wisdom

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I just can t do it. I ll look stupid. I don t look as pretty as she does. I m not as ripped as he is. Dreams are just dreams, they can t come true. I m lazy. There isn t enough time. Nobody will like me. Do any of the above statements sound like you? Now look at these statements. Don t let fear stop you. Don t worry about what you can t do, think about what you can do. Being confident is the key. Without self-confidence, we let people walk all over us. We are too afraid to ask for that raise we were promised last year. We are too afraid to go for that promotion because we think we aren t good enough. Guess what? You are. Believe in your dreams. If you dream it, you can do it. Visualize what you want and make it happen. Have the willpower to turn whatever it is you want into reality. Envision yourself at the end of your dream. See yourself happy and smiling. Now which set of...



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