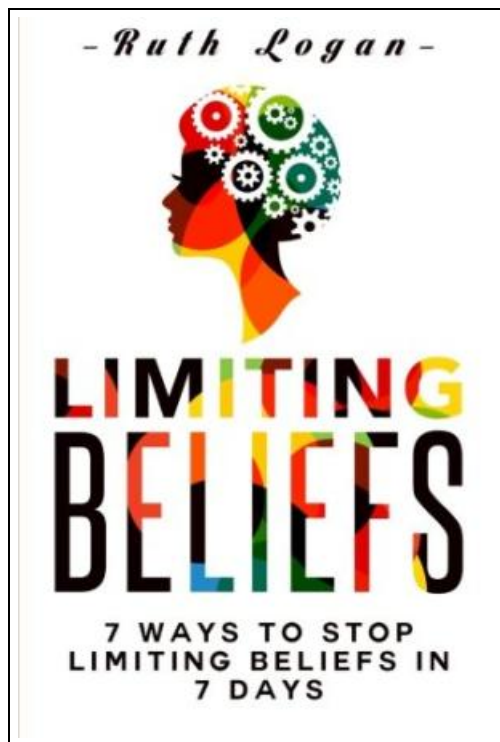


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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Limiting Beliefs - 7 Ways To Stop Limiting Beliefs In 7 Days How many times a day do you say to yourself that you can't do something. It may range from quite a few and all the time. The doubt will not leave until you start examining the way you think and change it. That negativity holds you back and until you believe you are able to change it, it won't happen. Sometimes we use words like I mustn't or I shouldn't which we use to protect ourselves. For example, in a trying situation at work you might say to yourself, I mustn't lose my temper. In this example, the words I mustn't are a reminder to yourself of a standard you have set for yourself or of a rule that applies in a given situation. However, there are other times when we say these words and they limit us. They hold us back from living up to our true potential. Here are some examples: I can't learn how to dance, I have two left feet! I won't even bother to try losing weight, there's no point! I mustn't disobey that rule, even though I think it is a bad rule! I am not good enough for this job What do all of these statements have in common? They are limiting beliefs, and my goal with this book is to share with you the things I learned - things that helped me get rid of my limiting beliefs for good. I had a whole slew of limiting beliefs that were holding me back. I had a job that I hated, and...

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