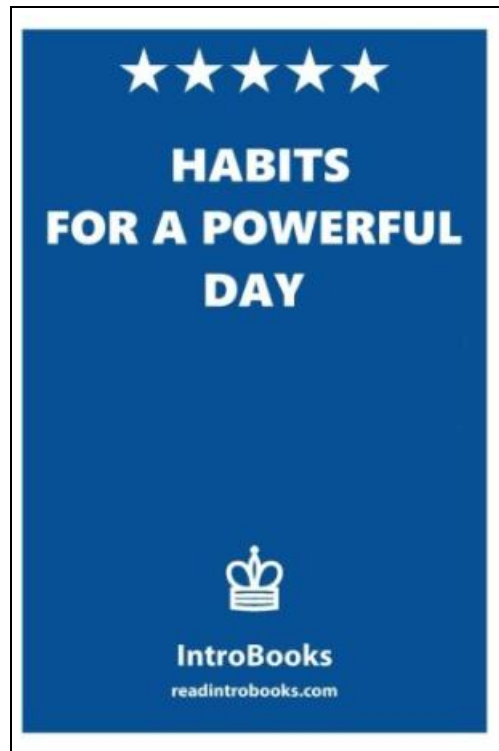


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What we need to understand before setting out on a transformational journey such as building a new, more positive life for oneself, is that it is a matter of breaking patterns. Breaking a pattern, however, is no easy job, irrespective of whether or not the habits we are trying to break are negative or positive. Fortunately, as difficult or even unachievable some goals set as resolutions might seem, it is in our power to turn them into reality. The good news is change doesn't have to be difficult. If, upon setting out your goals, you pay attention and think of manageable goals that will not overpower your will and build a sound strategy, you may create the major transformation you need to achieve your targets and turn into your desired self. On the one hand, it is a matter of how much one perceives they deserve to get from life - people's perceptions get in the way of what they actually achieve in their lives. People tell themselves they deserve less and thus obtain less. Others deny themselves things that any other human being may expect as a norm because they believe that this denial is necessary in order to provide for loved ones to have what they want. The problem is that what this kind of thinking does is make life very dull and also tends to cause resentment. So how does one avoid such situations? On the one hand, we have the issue of perception, as aforementioned. This can be solved by means of visualization, helped by big work toward building new habits that sustain such transformation.



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