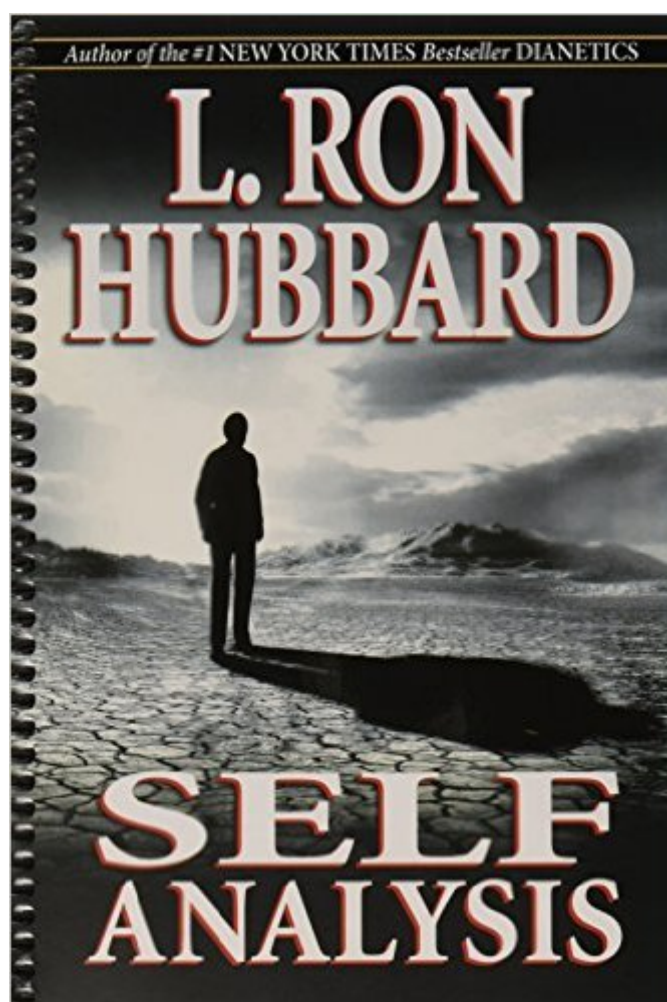


The book was found

Self Analysis [Spiral Bound]



Synopsis

Self Analysis is NOT "positive thinking," "brain exercises," or "self-hypnosis." You may have tried some of these techniques before, and even achieved a temporary benefit. But they do not get to the core of the problem in your mind and eliminate it the same way that Self Analysis does. Self Analysis contains lists of unique questions that you can use to explore your past and improve your reactions toward life. By regularly using the technique contained in the book, you will journey into your past and embark on one of the most interesting adventures in your life. The adventure of YOU. You will find out that your potentials are great deal better than anyone ever permitted you to believe. In addition to removing the negative emotional charge of failures of the past, your personal abilities can also dramatically increase.

Book Information

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Customer Reviews

I first read this book in 1968, and was so impressed by what I read that I jumped right into it. Within a few hours, I was feeling brighter, more alert, and more cheerful. Within a few days, I could not keep a smile off my face all day. I have worked on this material with many others, over the past 40+ years, with consistently good results: brighter, more buoyant emotionally, and much, much happier. The new edition (2007) is also much easier to use, as the spiral binding allows it to stay flat for the section you are working on. There is even room for notes in the workbook. I also got the hard cover edition for my library, and to lend to friends. This is a practical self-help workbook that almost anyone can use to quickly improve how they feel about themselves and about life. It can give one a fascinating 30-minute daily mental workout, with fresh material every day. It even includes

self-assessment charts where you can plot where you are starting from, and then record your progress over several weeks or even months. You won't need a chart to tell you how much better you feel, but it is interesting to look at before and after and compare. This book is easy to read, intriguing to consider, fun to do the exercises, and produces very pleasing results. What more could you ask for? Note: not for the overly timid. As you work through the exercises, you will find that in addition to feeling much better, your memory improves greatly, and that although the book concentrates on pleasant incidents in the exercises, you can occasionally run into a less pleasant incident to say the least. The book includes practical exercises to relieve the intensity of such unhappy times, and to help restore your equilibrium quickly.

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