



# **My Mind Is Not Always My Friend: A Guide for How to Not Get in Your Own Way**

*Steven J Fogel, Mark Bruce Rosin*

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Your computer and your cell phone know what day it is. So why should your mind be living in the past? The greatest challenge we face is to rule our minds, lest they rule us without our even being aware of it. How do you become a conscious observer of your thoughts and stop past-based, self-defeating thinking from controlling your present? How do you make your mind your ally, your servant, and your best friend?

Your mind is one of the most powerful tools you possess. Now you'll learn how to create the emotional life, the spiritual freedom, and the financial success you've always longed for.

In *My Mind Is Not Always My Friend* Steven J. Fogel will show you how to:

- Confront outside challenges (and inner demons) by changing the way your inner mind views them and reacts to them.
- Get out of your own way so you can live every day to the fullest and in the present.
- Become fearless so you can always be at your best.
- Identify and manage behavior that up till now has been disruptive to the life you would like to lead.
- Behave in ways that are in harmony with your goals.

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