



Making Your Mind Magnificent - Flourishing At Any Age

Steven Campbell

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When I talk to you, you are talking to yourself three-times faster. When I stop talking, you talk to yourself six times faster. Research has discovered that your brain accepts what you are telling yourself, without question! No Arguments! So when you say, "No way, I can't do that!" your mind simply says, "Okay, you can't!" and then blocks out ways for you to do it. If however, you say, "Absolutely, Of course I can do that!" the brain accepts that as truth, also without question. Not only that, your brain then endeavors to help you find a way to do it, and then gives you the energy to do so. So when people ask what I have been doing for the last twenty years, I tell them that through the cutting-edge research that fills this book, I have been teaching college students, individuals and groups how make their minds their greatest champion for learning and growing and changing. This is turn has significantly increased both their quality of life and their success.

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