



How To Free Your Mind: 10 Steps To Rewire The Brain

Blake Ruiz

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Are you looking for ways to improve your life and over all well-being. Have you ever considered changing the way your mind works? In this how to guide I will teach you 10 necessary steps to free your mind. Here is what is included in my e-book.

Step 1: Unlearn What You Have Learned

-History shows that many men and woman changed the world by pursing dreams and goals that no one else believed in. It is time to forget the teachings of others and to fully embrace your own beliefs and faith.

Step 2: Meditation

-Learn the amazing benefits of meditation which is a crucial stepping stone in freeing the human mind.

Step 3: Dedication And Commitment

-Dedication and commitment are key when it comes to success. Step 3 will give you the best way to apply these in your every day life. You will discover the difference between dedication and commitment versus obsession.

Step 4: You Just Haven't Gotten It Right Yet

-Greatness is headed your way but perhaps you just haven't made it there yet. Discover why patience is the key in waiting for the amazing things that are to come.

Step 5: Seeing Yourself In A Greater Light

-The way we perceive ourselves is so much more important than we realize. It is more important than the way anyone else accepts us. First you must learn to accept and love yourself.

Step 6: Letting Go Of The Past

-Letting go of the past is something many struggle with. In this step you will be taught why the past is important and why the past cannot be a factor in our decisions in the present and future.

Step 7: Reinforcing Your Thoughts

-Positive thoughts increase our brain power. Learn the benefits of positive thinking in this step.

Step 8: No Isn't The Answer; Yes Is The Solution

-The power of yes is an amazing tool. Yes is the solution.

Step 9: Take The Time To Listen, Understand, And Feel

-Many times in life we will make decisions based on how we feel at that exact moment. Learn to step away mentally because you maybe missing out on amazing emotions and you may not even realize it.

Step 10: Realizing You Are Meant For A Greater Purpose

-We have all been put on this earth for a greater purpose. You may not know or understand where you are headed but it is nothing short of wonderful and beautiful change.

“Please join me in this journey as we strive forward to better ourselves, and ultimately achieve the power of

motivation.” Quoted from

www.Motivate4Success.Org

Sincerely,

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Donna Feuerstein:

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