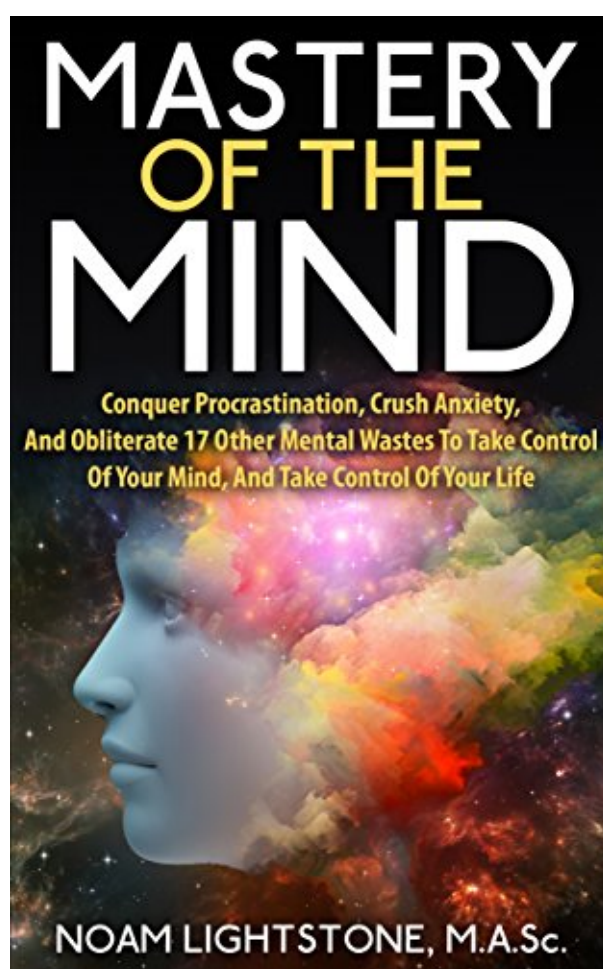
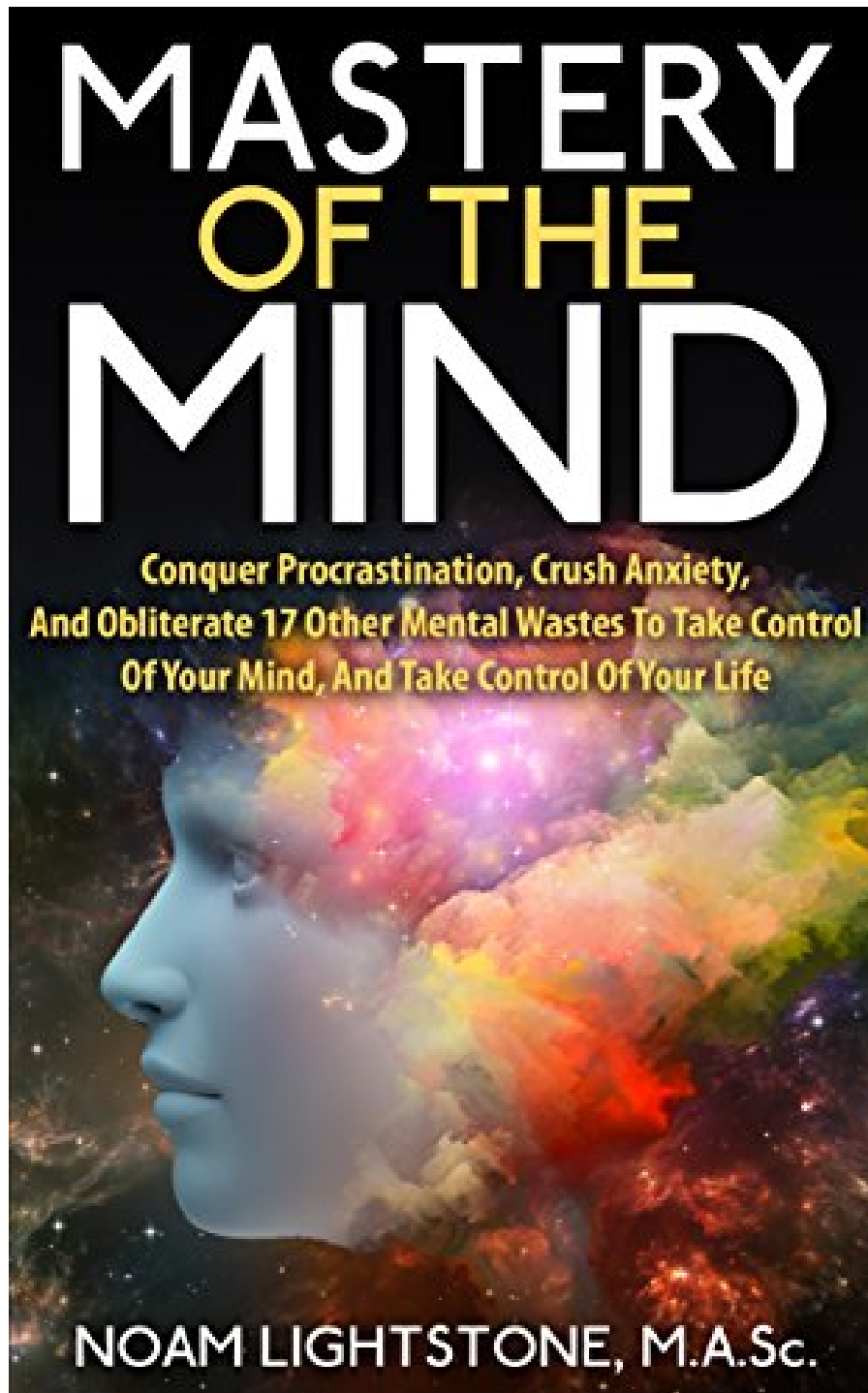


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How to Overcome Your Fears, Stress, and Anxiety without Spending Hours in Therapy or Thousands on Pills

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#1 Bestseller: Depression Help, Pathologies In Psychology And Counseling

Do you have trouble believing in yourself? Do you run away when you feel anxious? Are you always beating yourself up? Do you feel like you aren't reaching your full potential? Like invisible chains are holding you back?

Your answers to these questions dictate how you feel about yourself, how happy you are, and what you'll be able to achieve in life. But most self-help information out there isn't practical. It merely acts as a placebo until you inevitably feel bad again, or is full of platitudes like "Be present" and "Just be happy."

There has to be a better way to solve these problems.

The Real Struggle Is In Your Mind

Most people have the desire and capacity to get over the mental wastes (like anxiety, procrastination, and fear) that are bothering them, but they let obstacles stop them from ever getting started. "He who says he can, and he who says he can't, are both usually right." If you can't control your mind, you can't win.

What you might not realize is that you can make DRASTIC changes in your life and solve the problems you face, like: being too scared to talk to an attractive person, procrastinating on a goal, or being caught in endless cycles of worrying.

You take a series of small changes (like phoning a friend or writing for 5 minutes in a journal) and build a ritual that you follow every time you come across a mental waste.

All you need to know are the right tools to use for what's bothering you, and how to apply them.

N. Lightstone's book *Mastery Of The Mind* teaches you:

1. Mindfulness techniques to calm your mind so you can see and dismantle the thought patterns going on in your head, and learn how to let them go and change them.
2. How to identify the bad habits and mental traps you might be doing without even knowing that are keeping you from crushing life.

3. Tools that you can implement to attack and destroy 19 of these mental wastes, like fear, procrastination, negative thinking, jealousy, and more.

In this book you will learn:

- The one method to get over ANY fear, and why “Just do it” is useless (you’d pay thousands just to learn this method alone).
- The one law that shows that what you think leads to how you feel, and how you can change your thoughts to improve your mood, self-esteem, and confidence.
- 2 essential tools to fast-track your self-improvement and supercharge your results.
- How to get out of those useless thought patterns or spirals - the reason you get into them, and the one simple method to step out of them.
- The REAL reason you procrastinate so much, and the 3 ways you can curb and control it.
- Where negative self-talk and self-criticism come from, and how to stop them dead in their tracks.
- How to get out of any negative thinking by expanding your scope into the future and using a simple 9 step question-and-answer process.
- Why you compare yourself to others, and what you can do instead of being endlessly jealous.

It's time to stop overthinking getting over bad habits and mental wastes. You can improve your health, mood, self-esteem, and confidence by arming yourself with the right tools, and stop yourself from reverting to old patterns. Mastery Of The Mind is a simple approach that's easy to implement no matter what mental waste you're struggling with.

Scroll to the top of the page and click the buy now button to experience a personal breakthrough as you take control of your mind—and take control of your life!

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- Published on: 2015-03-18
- Released on: 2015-03-18
- Format: Kindle eBook

Most helpful customer reviews

11 of 12 people found the following review helpful.

Fantastic read for all of us who are striving to control our mind and become better human beings!

By Dmitry

I got an advanced copy and quite frankly was expecting it to be another book on holding hands and singing koombaya, but after getting sucked into first few chapters was pleasantly surprised by the valuable contents of this piece. Author clearly is an expert on mind control and the parts on conquering procrastination and destroying anxiety were my favourite. I just feel empowered to take control of my life. I know it is up to me to do the steps/actions, but I am glad that I bumped into this read. I am curious to see the future work of the author since he seems to possess a tremendous potential. If the title doesn't fully capture your attention - just get to the Chapter 2 and notice the phenomenal transformation the author experienced. He has definitely walked the walk and has credibility to help others like himself. Overall, a very solid book on subject that applies to all of us. Thank you for this masterpiece and I hope to see more of your work!

11 of 12 people found the following review helpful.

Eloquent, Concise, and Extremely Pertinent Book on Achieving Your Goals



By Ammar Khan

Noam makes a genuine contribution to the one thing that so many of us in the developed world can really benefit from: opportunity. Living in North America there are opportunities everywhere compared to so many other countries in the world. The only limiting factor is how much our willingness and "Mastery of the Mind" can do to take advantage of this privilege we have.

This book has so many different aspects of our human psyche and habits that we can gradually discipline to achieve our goals. Even when we think we've figured it out there's even more room for self improvement presented in this book. I highly recommend everyone to give this a read if you are like me and feel like you suffer from laziness, procrastination, and unneeded stress that needs to be conquered.

The author really wants his readers to succeed and I I accept the challenge to master my mind through all the tips, exercises, and guidance presented.

7 of 8 people found the following review helpful.

I'm a naturally anxious person and it's quite easy for me to get lost in my head when ...

By Chris Lemieux

I'm a naturally anxious person and it's quite easy for me to get lost in my head when I have a lot to do. Especially when daydreaming is more fun than facing reality. However, the points about being present and meditation outlined in this book really stood out to me and I can already feel myself focusing more easily on day to day tasks. Instead of wasting time groaning about how unfair things are that I can't change, I find myself more easily able to accept the things I can change and spend more energy and time on the things that I can. I also quite enjoyed the tone that Noam carries throughout the book. He is an expert in these areas, but felt as if I was gaining personal advice from a good friend. Definitely a must-buy!

See all 26 customer reviews...

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