



**PSYCHOLOGY: 7 Timeless Lessons On
Improving Your Mindset, Living With Purpose
And Becoming Who You Are (Lao Tzu, Buddha,
Friedrich Nietzsche, Eckhart Tolle, Dale Carnegie,
Napolen Hill)**

Phil C. Zusak

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Many people go through life miserable and unhappy. They live their whole lives without unlocking their full potential. They go through the motions of living without truly living. They wake up, prepare for work, go to work, and then come home to rest and repeat the same cycle the next day. Their lives are mechanical and mundane, relegated to a series of highs and lows that reaches neither peak nor valleys. The most that could be said when they die is that “they were born.”

But we are more than just animals. We are more than just mindless drones that exist to repeat mindless chores. We are men with the breath of God in us, given with the supreme gift of all – a mind that can achieve anything, and a soul that transcends the limitations of the mind. Our lives are given to us so that we may not merely exist or subsist, but actually live. To live in this sense is not merely to breathe, to pump blood from the heart and continue being alive, to open our eyes and perform normal bodily functions – no! To live is to know who we are, to find meaning in our lives, and to live that meaning and be like gods unto ourselves. For we are created in the image of God, and God is the Supreme Being: all-knowing, all-powerful, ever present. We have the capacity within us to be like God, and it all starts with unlocking the power of our minds.

This book is a collection of core concepts or simple habits which you can practice to master your own mind. Culled from the wisdom of ancient masters and current day philosophers and teachers, these core concepts will change your life and help you take control of the dormant power in your mind. These people are the greatest teachers and philosophers of our time. Their wisdom transcends time, and whether they said it a hundred years before or just yesterday, it doesn't make the message any duller.

You are not your job, you are not how much money you have in the bank, you are not the car you drive, you are not the contents of your wallet, and you are not your fucking khakis. – Chuck Palahniuk, “Fight Club”

Finally, a book which is dedicated to mastering the mind and taking control of your life. One which examines the thoughts and ideas of some of the greatest teachers of the past and present, and brings them to life in a stimulating and easy-to-understand way for you.

Psychology: Change Your Mind, Change Your Life, explores these thoughts and offers explanations into each one, deepening your understanding of them and showing you how to use them in a practical setting.

With valuable life lessons from some of the great thinkers like

- Buddha
- Friedrich Nietzsche

- Dale Carnegie
- Napoleon Hill
- Viktor Frankl
- Eckhart Tolle
- Lao Tzu
- And others

With plenty of tips and guidelines to help you unlock your potential, you will learn

- How Your Perception Changes Your Reality
- How To Tap Into The Unlimited Power Of Your Mind
- How To Be Like Water
- How To Find Purpose In Your Life
- Moving The World With Your Talents
- Ascending To Spiritual Awakening
- Showing Others The Way

This book should be taken slowly, almost like drinking a fine wine. Allow yourself to master one concept before moving on to another as they follow each other seamlessly and mean you will learn the next concept naturally.

It is a perfect and practical guide, complete in just seven chapters, to assist with control of your mind and help you to master life and success.

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