



# Self Help: How to Change your Life in the next 15 minutes (Self-Help 101)

*Rahul Badami*

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## Bonus: Free Affirmations Audio MP3 download inside the book

An action-oriented self-help book!

Ever wondered why that ugly, talentless acquaintance is so successful? Or why that no-good-for-any-job neighbor earns more than you do? Here you are trying to do everything you possibly can, and you aren't moving even an inch towards your goals. And you feel frustrated that others are able to reach their dreams so easily.

Why?

Its all due to Self Belief.

Self Belief is the only common denominator between all successful people. Your Self Belief has a deep connection with your Thoughts and Actions. This book will finally unravel why you have been struggling. This book will strengthen your Self Belief by first strengthening your thoughts and actions. Here what will be unveiled:

Introduction: Self-Belief allows you to predict the future

SECTION I: Thoughts that strengthen Belief

### **Chapter 1: We think only twice in a year**

I didn't make the above claim. It was made by one of the greatest thinkers of yesteryears. George Bernard Shaw. Why? This chapter will tell you.

### **Chapter 2: Thinking is Praying**

Countless times you have prayed for something, and it didn't materialize. Be honest. Did you really felt deep down that it wasn't going to happen? Did you know that you are praying each minute of your life without knowing it? God is always providing you with exactly what you are praying for. Stop getting in your own way of success. Be kind to yourself and learn why you hold yourself back.

### **Chapter 3: Asking Hard Questions**

We can walk up to anyone and tell 'em how to get thin, save more money, have better relations. Question is, why don't we follow our own advice?

SECTION II: Actions that strengthen belief

### **Chapter 1: Why the Law of Attraction will never work for you?**

So you think Law of Attraction is either awesomeness or a scam? This chapter will tell you of a more powerful law than the law of attraction. And surprisingly, its hidden within those very words.

### **Chapter 2: Taking tough actions**

Whose dream are you living? Yours? Your spouse's? Your boss'? Your kid's? Its time to live your own dream. Whether it's a New Year's Resolution or a list of chores, you need to take action.

### **Chapter 3: Why its critical to succeed just today?**

Forget long term goals. Your mind simply isn't programmed to think about what you will be 5 years from now. This critical piece is missing from most goal-setting exercises. You will be a success tomorrow only if

you just do everything right only for today. "Just do it only for today. We will think about tomorrow, tomorrow."

**BONUS SECTION: How do I use this information to change my life in the next fifteen minutes**

Unlike most other self-help books, you will get to know exactly what you need to do in the next 15 minutes after completing this book. As easy as following Step 1...Step 2...Step 3... etc.

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#### **Gretchen Meehan:**

Precisely why? Because this Self Help: How to Change your Life in the next 15 minutes (Self-Help 101) is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will jolt you with the secret this inside. Reading this book next to it was fantastic author who else write the book in such incredible way makes the content inside of easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of advantages than the other book possess such as help improving your expertise and your critical thinking technique. So , still want to delay having that book? If I ended up you I will go to the book store hurriedly.

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#### **Katherine Velasquez:**

That reserve can make you to feel relax. This book Self Help: How to Change your Life in the next 15 minutes (Self-Help 101) was colorful and of course has pictures around. As we know that book Self Help: How to Change your Life in the next 15 minutes (Self-Help 101) has many kinds or variety. Start from kids until young adults. For example Naruto or Investigation company Conan you can read and feel that you are the character on there. Therefore , not at all of book are make you bored, any it makes you feel happy, fun and loosen up. Try to choose the best book in your case and try to like reading that.

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