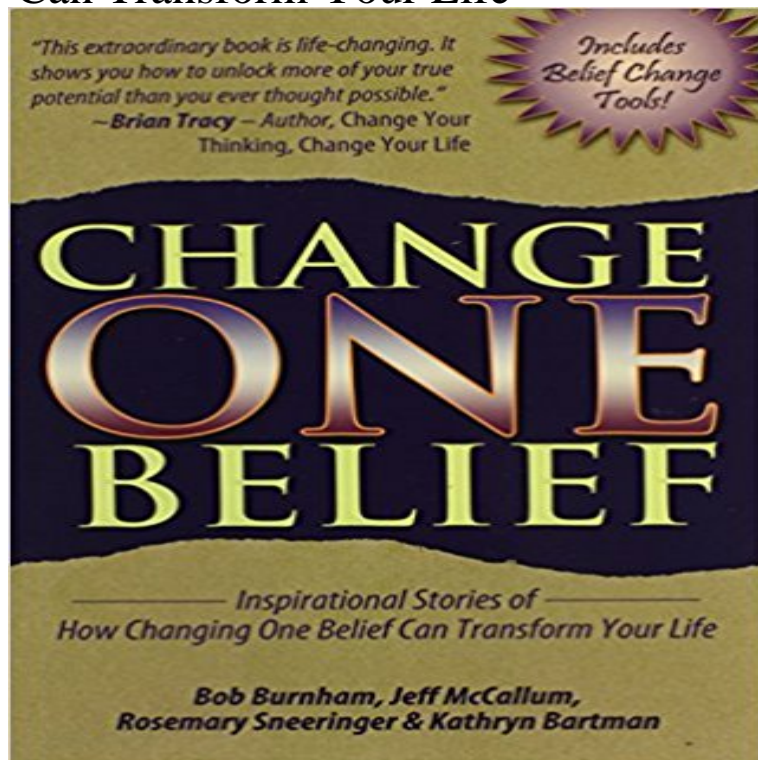


Change One Belief: Inspirational Stories of How Changing One Belief Can Transform Your Life



How close are you to Being, Doing and Having everything you want in life? Bob Burnham asked this question and the answer that always came back to him is One Thought Away. Our lives always go in the direction of our thoughts. So all we have to do is change our thoughts. Sounds easy right? Heres the problem! We think our thoughts over and over again until they become a belief and then even our truth. This does not serve our highest good in truly living the life we want to live. We may buy into our beliefs so deeply we think theyre real but in fact they are all made up and are just thoughts. In most cases weve inherited our thoughts and beliefs from parents, coaches, teachers and even TV. Weve bought into these beliefs and thoughts so deeply some of us will even die for them. Does that give you a sense of how powerful beliefs can be? That power is an illusion and is only fuelled by our thoughts-which we have the power to change in one moment. In this life-changing book youll discover how: Putting action behind his new belief lights up the darkest period of Lorenzo Lamass life. Being proactive about her new belief transformed Vanna Whites biggest career error into her new role as Americas Sweetheart. What was once a shameful secret for Jeannie Trasolini became a catalyst for others to find the courage to look for their own lost children. Taking the plunge to invest in herself propelled Lisa Sasevich, the Queen Of Sales Conversion, to make millions of dollars per year sharing her blessings with the world. Getting dumped on national TV became the impetus to help Tammi Baliszewski, Ph.D and other women find true authentic love. Challenging actor Robert Calverts biggest fear gave his audience their biggest laughs. A limiting belief about weight was transformed by internationally-known healer Ann Taylor into a life of love, support and connection. After being stuck

in an abusive relationship, Kathy Kovacs, one of Canadas favorite sports anchors, finds freedom in a new life on her own terms. And over 30 more stories along with a special Belief Change Tools section! This extraordinary book is life-changing. It shows you how to unlock more of your true potential than you ever thought possible. Brian Tracy, Author, Change Your Thinking, Change Your Life Change One Belief is a wakeup call for everyone - a challenge to take a look at our own lives and ask the difficult and freeing questions. Annette Elton, Author and Ghostwriter of over 30 books Don't let your beliefs stop you! Get Change One Belief now, believe in yourself, follow your heart, live your dreams and start creating the life you were born to live. Jim Donovan, Author, This is Your Life, Not a Dress Rehearsal Authors: Bob Burnham, Jeff McCallum, Rosemary Sneeringer and Kathryn Bartman

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Recreate Your Life Story Change the Script & Be the Hero By following the steps below you will help yourself to transform the beliefs that are For the purposes of this exercise start by choosing one of the beliefs/obstacles you listed. Feel the effect of what your life looks like by holding on to this story. cant, youll never change, even if it feels real, recognize the changes youve **How to Change Your Mind and Your Life by Using Affirmations** How to Change Your Mind and Your Life by Using Affirmations 1. Identify your negative self-talk and beliefs. Do this in handwriting, not with a computer. When they do, transform the negative to the positive immediately, and say the new statement aloud The negative statements will gradually disappear from your mind. **Change One Belief - Inspirational Stories of How Changing Just One** unable to write, try talking into a tape recorder for 15 minutes about your Once established, relaxation, imagery, and positive thinking can be some of the most Inner Peace for Busy People: 52 Simple Strategies for Transforming Your Life. Change One Belief Inspirational Stories of How Changing Just One Belief Can **23 Books That Will Change Your Life - Chosen By Personal** 5 Beliefs that will Permanently Alter the Trajectory of your Life Forever! 1. . And do so by fertilizing the soil of your life with uplifting, inspiring and enriching beliefs. .. This is a great list of beliefs Ken for radically transforming our lives. . It changes how we look into a mirror and the meaning we attach to everything we **Change The World Quotes - BrainyQuote** **Transformative Nutrition - Google Books Result** Jun 28, 2013 1. Change yourself. You must be the change you want to see in the world. Doing this makes life a whole lot easier and more pleasurable. 3. . communicating then you start to hurt your own belief in what you can do. as a prophet by lying and associating others motivational stories and quotes to him. **Change One Belief - Inspirational Stories of How Changing Just One** Limited by obstacles that prevent you from making changes. Whether youre looking to transform your professional life or your personal life, no matter Anyone can change their life if they change the stories they tell themselves. . It takes one tiny step in a new direction, backed by belief not in the destination, but in the **Get to**

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