

Change Your Thought Patterns (Mind Control Secrets)

Silva Jean

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Power and Control. Everyone wants it. Everyone has it. Why so few people use it.

The silent art of power and control is to see the potential force in everything and arrange it so that, if released, it works in your favor.

We all have thoughts, but we don't all achieve our dreams. That's because thoughts may be negative or positive in nature.

All successful people, however, have one thing in common — determination! To be a success, you must first determine to be so. Though not always a conscious decision, the seed that leads to action is to first determine.

Picture in your mind the able, earnest, useful person you desire to be, and the thought that you hold is hourly transforming you into that particular individual you so admire.

AUTHOR BIO

Silva works with several local nursing homes and hospitals in the area, helping people from children up to the elderly, try to recover lost cognitive brain functions. She travels, teaching the staff at nursing homes how to help their elderly patients ward off the effects on age and disease on the brain, by using brain games and other simple games to help improve cognitive functions.



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