



**Subconscious: Improve Your Life and Achieve Your Goals With the Best Methods to Train and Use the Power of the Subconscious Mind (Subconscious, Subconscious mind, Subconscious mind programming)**

*Wendy Larson*

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The Subconscious is a book for everyone who wants to **improve their life** and **achieve their goals** using tried and true methods to train and use the power of the subconscious mind. It is a vast field that requires a discussion of many topics including the anatomy or structure of the brain and its normal, automatic functioning. The relationship between the conscious and unconscious is suggested as are ways for these realms to work in tandem together. Furthermore, one can come to understand the roots of one's belief system and explore its depths. The goal is personal discovery, to find happiness and health by knowing yourself better and curbing negative vibes and habits.

## **Here is what you will learn after reading this book:**

- Meditation as a means to the subconscious
- Hypnosis and therapy as answers
- Subliminal suggestions to the brain
- Why tap into the subconscious
- How the subconscious works
- Basic anatomy
- Programming the brain
- Enriching the emotional life of the subconscious
- The source of thought, reason and logic
- Uncovering the rules or principles of the subconscious
- The hippie legacy: drugs, supplements, counter culture cures
- The role of affirmations and suggestions
- The power of memory and its source in the subconscious

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