



Supercharge Your Emotions to Win: 7 Keys to Achieve the Life You Desire and Deserve

Benjamin Halpern

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The purveyors of most personal development methods and books focus on logic, facts, willpower, and discipline.

But we already know that to lose weight we have to eat less. And to get fit we need to go to the gym daily. And to build stronger relationships we must communicate more.

As Benjamin Halpern shows in this remarkable book, we must deal first with the limits we put on ourselves to follow through on what we know and learn and want to do. And how is this done? By developing and attaching strong, productive emotions -- *supercharged emotions* -- to our understanding and choices. Only when we live in an empowered emotional state can we attain our dreams in every area of our life.

With lots of examples and exercises, Halpern clearly lays out the seven keys that will give *you* the emotional leverage you need for success:

- 1 Clarify Your Outcome
- 2 Recognize What's in Your Control
- 3 Magnetize Your Thoughts and Actions
- 4 Manage Your Emotions
- 5 Set and Attain Your Goals
- 6 Access the Power of Belief
- 7 Maintain Your Power

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Rachel Garber:

Now a day folks who Living in the era wherever everything reachable by talk with the internet and the resources inside can be true or not call for people to be aware of each facts they get. How people have to be smart in receiving any information nowadays? Of course the answer is reading a book. Studying a book can help men and women out of this uncertainty Information particularly this Supercharge Your Emotions to Win: 7 Keys to Achieve the Life You Desire and Deserve book because book offers you rich details and knowledge. Of course the info in this book hundred % guarantees there is no doubt in it you may already know.

Sara Love:

Playing with family in a very park, coming to see the ocean world or hanging out with close friends is thing that usually you have done when you have spare time, and then why you don't try thing that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Supercharge Your Emotions to Win: 7 Keys to Achieve the Life You Desire and Deserve, you may enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

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