

People are always trying to improve themselves. They spend time at the gym for a tighter body, they work long hours for the bigger paycheck, they gulp down supplements, all in the seemingly endless pursuit to be better than they are today. Its time for all of us to pause for a moment, take a deep breath, and realize that we already possess all the tools we need to rewrite our lives. There have been several books and movies speaking about the Law of Attraction and quantum physics, which have introduced millions of people to the basic concepts they need to change their lives. The properties associated with the Law of Attraction and quantum physics have created an enormous shift in personal consciousness, yet many individuals are still frustrated with the lack of results when trying to implement these principles into their lives. The truth is that there are other aspects of the Law of Attraction that need to be addressed in order to fully experience the abundance and change that we desire. One of the first steps in unlocking the secrets to using the Law of Attraction according Dr. Kenneth Bests Rewriting Your Life process is to change the direction of your thoughts. This is an easy concept that can prove to be difficult in practice, but with discipline and determination, you can change the direction of your thought patterns. If you try to stop your thoughts altogether, you will fight an impossible battle. The key is to focus your thoughts on here and now, and to stay in the present moment so that we can face lifes challenges without fear. We can change our perspective of life being full of difficult challenges to enjoying the adventures of life. Our brains like to stay active, and so often we keep them busy with thoughts of regrets about things we did in the past, or busy with fears of what may go wrong tomorrow. We spend so much time focused on the misery and suffering in our lives and then wonder why we are so miserable. In order to initiate change, we must first reign in our thoughts by essentially rewiring the way our brains work. 99 Things You Wish You Knew Before Facing Lifes Challenges is your guide to discovering and changing the limiting belief patterns that have been making your life more difficult than it has to be. Removing these negative patterns can open up the space for creating more possibilities of happiness in your life.

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