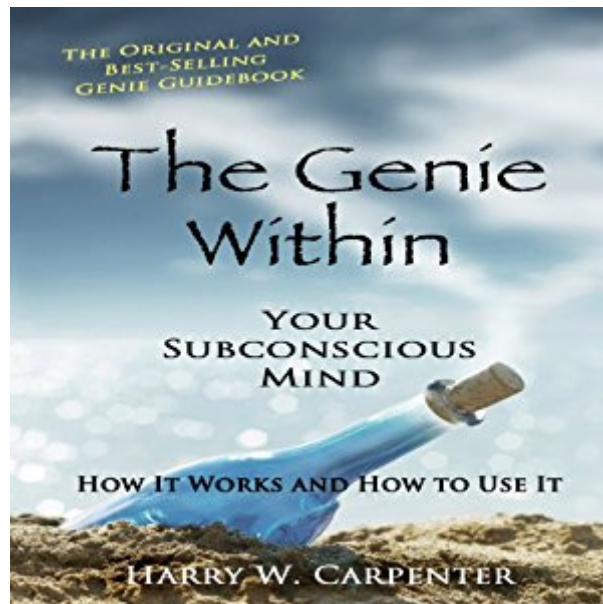


The book was found

The Genie Within: Your Subconscious Mind - How It Works And How To Use It



Synopsis

Your subconscious mind is powerful and will work for you without effort. It also works against you based on programs and concepts learned in childhood. Learn how to reprogram your mind to override these immature programs. Reprogram your mind to: Achieve goals Become more creative Relieve stress Increase self-confidence Become healthier Learn 15 ways to tap your infinite power. These techniques work most efficiently when you understand HOW your hidden, "unconscious" mind functions, and HOW to reprogram it to become "single-minded". When you are "double-minded", that is when your conscious mind and subconscious mind have opposing concepts, your subconscious mind always wins, even if it works against your best interests. Learn to unleash this unlimited power now. Train your unconscious mind to harness this power, easily.

Book Information

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Customer Reviews

What I really appreciate in this book are the specifics on the Alpha state. I have virtually all of Joseph Murphy books and he has repeated the instruction often, of the necessity to drop into that drowsy state, before reciting his reprogramming statements in your mind. But this particular writer brings his own experience and knowledge of many different sources to the table, including Silva Method and cites many excellent current writers, and not so current. The writer cites specific writers/books who have instructed the reader to only read goals in the morning when you are either coming up from Delta to Beta and you are suggestive, or at night when you are slipping from Beta back to Delta and thus have that Alpha time again available to you. (he mentions "It Works" as

one of the books with the simple instruction to read/envision your goal at morning and night)He does this to help convince you of how many experts in the past have always known of the effectiveness of the Alpha (and theta states).(When a writer mentions a lot of sources, especially ones that I've read, I can really "crunch" into his material and it "gels" better.)What I like about this book also, is that he refers to sooo many other sources and his sort of un-said disclaimer is that he's not trying to tell you something that's not already known since Ancient times.If you want a solid book with a complete set of tools for making the maximum use of your powerful subconscious mind, get this one.

I have been buying self-help/power of positive thinking books and tapes for as long as I can remember. They haven't all been complete wastes of time, I have picked up a few nuggets of wisdom here and there over the years, but I was never able to find that one resource that put everything together in a manner that was scientific enough for me to believe and plain enough for me to understand and use instantly to make major changes in my life. That was until my journey lead me to this book. It is the holy grail of self-improvement and the last book you'll need to buy searching for the "magical secret" to change your life.I won't go into detail on how this book has changed me but events happened since reading this book that frightened me as they took place. All positive stuff, don't worry, but unbelievable nevertheless.Look out world, here I come!

I've read this entire book and found that it is in step with many of the neuroscience books that I have read. If you take this book seriously and do the exercises (they offer a companion Cd for this) you will be astounded at the results you get. This is one of the most powerfull books I own. It'll change your life for the better.

The Genie within is perhaps the easiest to comprehend (and read) book written on the subconscious mind. It is written in everyday language, without much the airy fairy examples of other books on the same topic.Further, the author does not spend 5 chapters writing about something that can be explained in 1 chapter, or even (sometimes) 1 page, and that alone makes this book stand out from others on this subject.The Author acknowledges that the information isn't new, and that he has basically put together what he knows in a format that makes it easy to understand.If you have never read anything on the subconscious, this (in my opinion) is the best book to start with. It will create many 'ah-ha, so that's what I've been doing wrong' moments.That said, it does lack information in two distinct areas of the subconscious. The first one is in relation to symbols - the

subconscious makes great use of symbols - anything you have an attachment to becomes a symbol, and symbols can go yet further (into the realm of fantasy) as they can do in dreams. Secondly, while he explains how the subconscious can't tell the difference between fantasy and reality (and how it can be used to set goals and program the mind), he doesn't explain that this crucial ability of the subconscious mind can be used to create new memories, which allows a person to gain more confidence in an area they aren't good at (because your subconscious mind uses past memories as a blueprint for how you react to future events, if you program new successful memories, your subconscious can use them as a guide, instead of previous encounters where you're had difficulty) Overall, I've still given this book 5 stars because it is so easy to understand, and gives so much good information. My 'criticism' comes from reading multiple books (so far 7) on the subject, none of which contained a complete picture of the subconscious.

Finally! a book with simple, concise, useful information applicable to our daily lives. I have read many books on self-help; psychology; spirituality; medicine, etc. As a Doctor of Oriental Medicine & Homeopathy, I have been able to understand, integrate & apply simple techniques from this book to re-program the mind, to reach for useful knowledge; to improve (or change) my way of thinking & to interpret what the Universe & the world has to offer me (and my patients) to live a better, happy, healthy & fulfilled life...free of negativity, free of trouble, free of obstacles, free of problems. If parents, schools & society would impart & teach these techniques & allow them to be part of our daily experiences, I have no doubt that the World would change dramatically for the better & the Good of Humankind!...You have NO idea how powerful the mind is, until you read this book...The 'genie' within you can perform daily MIRACLES while the miracle of life unfolds in front of you to ENJOY...How awesome is that? Sincerely, Dr. Isabel Duran, NW Arkansas.

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