Powerful Rational Thinking

How we perceive and think about events, people, experiences, our behavior and the behavior of others is extremely important because, once we see things in a particular way, our emotions and behavior will follow where our thoughts lead us. To become more powerful in our thinking, we must first get rid of the cognitive barriers that interfere with our ability to think clearly and prevent us from being as happy and as successful as we could be.

What follows is a list of cognitive barriers, which are distortions in your thinking and your perception of things that block or limit your success and happiness, and strategies to destroy those barriers.

A “Get Started” button would appear here