



## How to Control Your Mind: Learning to Defeat Your Demons and Overcome Your Thoughts

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By Robin Sacredfire

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Another me jumped to my brain when I was listening to him, no, you cannot. Other people can because they are strong but you are weak . I can even feel the weakness and nearly cry in front of people. I run out of the restaurant. Most people feel that they have a battle occurring inside themselves. When one side of this battle is being lost they feel depressed, helpless and weak, as in the situation previously described to me. What they can t see is that they can t ever win this battle on their own. While their inner conversations may lead them to feel that they re not alone, and are powerful in life, the outcome is never in their favor. The difficulty in helping individuals releasing themselves from these voices is particularly related to what caused such voices to manifest in the first place. Usually, it s related to a rejection felt inside the family or by one of the family members, being the relation between mother and son or father and daughter the...



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