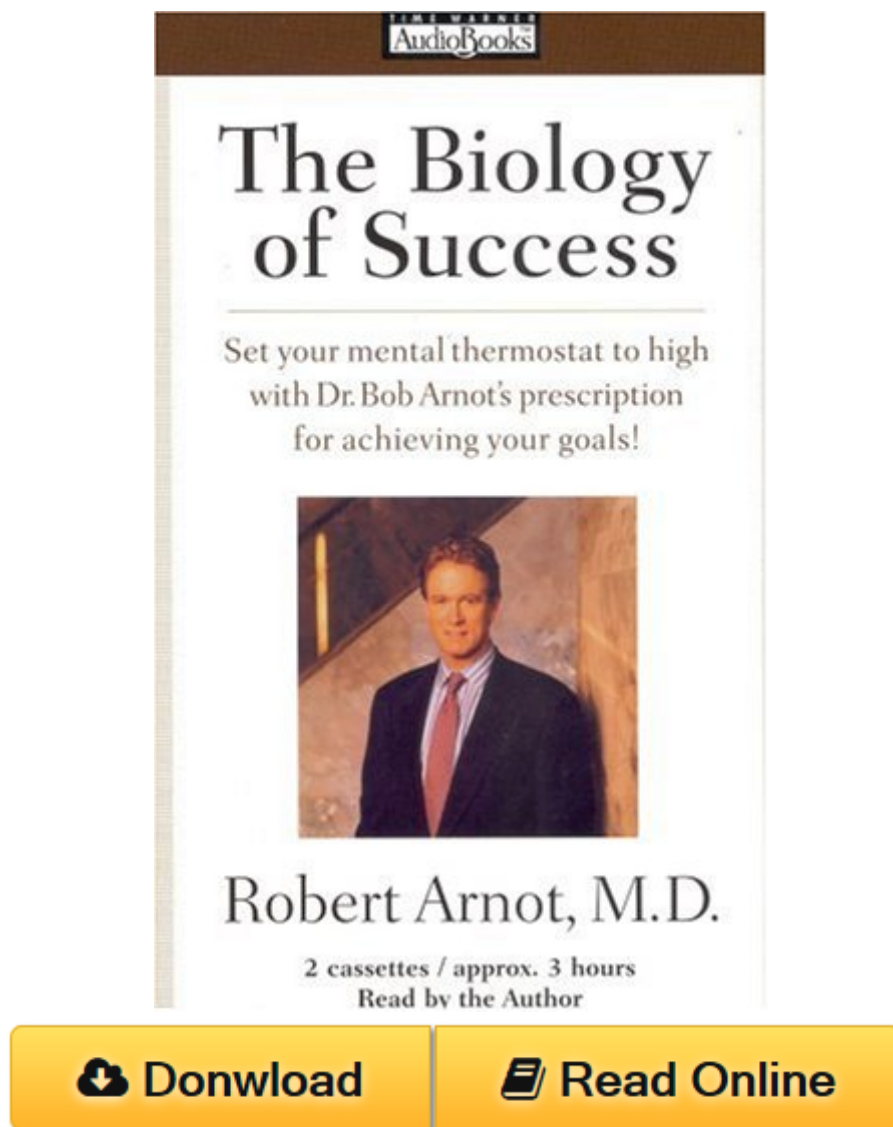


The Biology of Success: Set Your Mental Thermostat to High with Dr. Bob Arnot's Prescription for Achieving Your Goals! PDF



The Biology of Success: Set Your Mental Thermostat to High with Dr. Bob Arnot's Prescription for Achieving Your Goals! by Robert Arnot ISBN 1570428085

Success doesn't happen because of luck or genetics, but through "tremendous, persistent, positive mental energy," writes Bob Arnot, M.D. in The Biology of Success. Arnot, author of The Breast Cancer Prevention Diet, aims to teach you the steps to tapping into your own positive mental energy, which becomes the fuel to build the fire of success. He describes how to create mental energy, then create positive thought. Then you can "channel your energy and enthusiasm in the directions that will maximize your success." Here are some examples of the mental-energy steps he includes: take a self-test to figure out your "mood thermometer" of brain energy and a spirit of

optimism, necessary for success. Make changes in your office space to optimize your health, performance, and self-esteem. Elevate your mind with music therapy. Eat protein and high-quality carbohydrates at the right times of day to either rev up your energy or relax. Increase mental energy with exercise. "Look like a star" by dressing well every day. The positive-thought section helps you "gear your mental drive to its highest limits" in six steps, including committing fully to the moment at hand, playing to your strengths, changing the emotions of those around you, and prayer. A workbook section helps you put it all into action. --Joan Price

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This The Biology of Success: Set Your Mental Thermostat to High with Dr. Bob ARnot's Prescription for Achieving Your Goals! book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of The Biology of Success: Set Your Mental Thermostat to High with Dr. Bob ARnot's Prescription for Achieving Your Goals! without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry The Biology of Success: Set Your Mental Thermostat to High with Dr. Bob ARnot's Prescription for Achieving Your Goals! can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This The Biology of Success: Set Your Mental Thermostat to High with Dr. Bob ARnot's Prescription for Achieving Your Goals! having great arrangement in word and layout, so you will not really feel uninterested in reading.