

# [Download] Tame Your Brain Game: 52 Tips to Turn Negative Thoughts into Positive Action

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In this transforming book, Jessica Rector, a thought leader on inner dialogue, shares her 52 tips to turn your negative thoughts into positive action to create change. Your internal conversations, what you say to yourself about yourself, are the foundation for everything in your life, growing your business, building relationships, successfully communicating, selling more, and developing better leadership. You have 60,000 thoughts a day, and 80% are negative. You think more about what you're having for dinner or what to watch on TV than you do about your thoughts. Yet, your negative thoughts are holding you back. Your thoughts can hinder, harm, and hurt you or you can use them to help you. Jessica gives you the proven steps, that have helped thousands, to take action and create massive change. These tips work for anyone, anytime, and anywhere. DISCLAIMER: "We cannot guarantee the availability of this ebook on an external site."

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