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Summary of “Psychologist’s Tools For Reprogramming Your Subconscious Mind”

YouTube channel: Tom Bilyeu

Original Source

Psychologist’s Tools For Reprogramming Your Subconscious Mind | Nicole LePera on Impact Theory ([YouTube](#) 1 hr 2 mins)




Jottings

- Theme: heal from past, for future
- 90% of time, we are on Auto-Pilot (set patterns in subconscious mind)
- Feelings are generated optimizing calorific spend, from preset patterns
- Be conscious/observer/attentive of habits/patterns (mindfulness)
- Continuous practice of meditation, consciously present in time
- Being in present can feel unsafe, so go slow.
- Belly/Diaphragmatic breathing helps
- Keep space between stimulus and response
- Create a new Self, against genetic determinism





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- Nutrition and Sleep, game ch  |  |  d bodies
- Recognize that life can be unfair, but resolve to change.
- Self aware: keep small promises, self-care body

The above summary was also posted in the Comments section of the original YouTube video.

