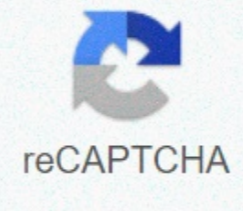




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## Your erroneous zones summary pdf

★Download this free PDF summary here [📄](#) of my free book life of your dreams life [📖](#) sponsor bestbookbits using Patreon **\$** support bestbookbits by clicking on the links below for the whole theory of the universe directed unerringly at a single individual – i.e. you. (New Year's) Chapter 1: Taking Over Self Greatness is the ability to choose personal fulfillment in circumstances where others choose madness. A truer barometer of intelligence is an effective, happy life that lives every day and every day at every present moment. Your thoughts are your own, uniquely yours to keep, change, share, or think about. No one else can get into your head and your own thoughts as you experience them. You actually control your thoughts and your brain on your own to use the way you define it. You can't have a feeling (emotion) without first experiencing a thought. Take away your brain and your ability to feel erased. Feeling is a physical reaction to a thought. His conclusion is inevitable. If you control your thoughts and your feelings come from your thoughts, you can control your own feelings. And you control your feelings by working on the thoughts ahead of them. Simply put, you think that things or people are being unhappy, but it's not accurate. Make yourself unhappy about the thoughts you have about people or things in your life. Becoming a free and healthy person involves learning to think differently. As soon as you can change your mind, your new feelings will begin to develop and you can take the first step on the road to your personal freedom. Happiness is a natural condition for being a person. The evidence is clearly visible when you look at young children. We are hard at unlearning all the shoulds and the ought to have been digested in the past. Self-care begins with consciousness. Unhappy, angry, painful and frustrated automatically because he learned to think that way a long time ago. The thought becomes a hit if you've worked on it supposedly, not if you simply try it once and use the initial nonsense as the reason to give up. Just as you are free to choose happiness over unhappiness, you are free to choose self-fulfilling behavior rather than self-destructive behavior in countless events in everyday life. Now is all, and the future is just another moment to live when it arrives. One thing is certain; You can't live until he shows up. Avoiding the present moment is almost a disease in our culture, and we are constantly conditioned to sacrifice the present for the future. Capture the present moment as the only one you have. And remember, longing, hope and regret are the most common and dangerous tactics to bypass the present. Often in this ideal. The right time is when once you are still so lucky to ... Live! As you look back at your life, as Tolstoy's Ivan Ilych did, you'll realize that you rarely experience remorse for what you've done. What you haven't done yet will torment you. So the message is clear. Do it. The only proof of life is growth. People always blame their circumstances for what they are. I don't believe in circumstances. The people who get into this world are the people who get up and look for the circumstances they want and if they can't find them, they are. (New Year's) Changing your way of thinking, feeling or living is possible, but it's never easy. In order to master this kind of fulfillment, you need to repeat indefinitely that your mind is truly your own and that you can control your own feelings. Chapter 2: The self-propelled value of first love cannot be verified by others. You're worthy because you say you are. If you depend on others for your value it is different-valued. Love is a word that has as many definitions as there are people to define it. Try this size. The ability and willingness of those who care about what they choose for themselves, without clinging to meet you. Fitness is the time a student requires to learn a learning assignment. Implicit in this formulation is the assumption that with sufficient time, each student can conceivably achieve mastery of the learning task. (New Year's) Self-love means accepting yourself as a worthy person because you choose to do it. Acceptance also means the absence of a complaint. Independent thinking is not only unusual, but also an enemy of the institutions that make up the bastions of our society. Chapter 3: You don't need their approval The children are not your children. They are the self-destructing sons and daughters of life. They come through you, but not from you. And even though they're with you, they're not yours. (New Year's) Careful examination of Jesus Christ will show a very self-realigning person, a person who preaches self-reliance and was not afraid of dislike. They recognize that humans are infected with the need for acceptance. Custom is customary and not thrown out the window by any man, but coaxed downstairs one step at a time. (New York City) Happiness is the lack of approval search. Chapter 4: Breaking Free from the Past You're what you choose today, not what you chose before. Once you mark me, you deny me. (New Year's) Each self-label comes from the history of the individual. But the past, as Carl Sandburg said in *Prairie*, is a bucket of ashes. All self-destructive I'ms is the result of the use of four neurotic sentences 1) This is my 2) I've already so 3) I can not help it 4) It's in my nature. Chapter 5: The Useless Emotions – Guilt and worry throughout life, the two futile emotions of guilt that you have made and worry about what can be done. They're over there! The great waste - worry and guilt - guilt and worry. It's not today's experience that drives men crazy. It's the guilt that happened yesterday and the fear that we will make public tomorrow. Guilt is not natural behavior. It's an learned emotional response that can only be used when the victim teaches the exploitative that he or she is vulnerable. The best antidote to worry about action. ★ Fill out this free PDF summary here [📄](#) of my free book life of your dreams life [📖](#) sponsor BESTBOOKBITS using PATREON **\$** SUPPORT BESTBOOKBITS by clicking on the links below chapter 6: Exploring the Unknown Only the Uncertain seeks safety. Early training in our society tends to encourage caution at the expense of curiosity, adventure at the expense of safety. Failure is simply someone else's view of how a particular act should have been carried out. I have reviewed some folk wisdom lately; one of the edited proverbs has nothing to succeed like success because they don't learn anything from it. The only thing we learn from is failure. Success only strengthens our superstitions. ((English) Think about it. Without failure, we cannot learn anything, and yet we have learned that success is the only acceptable standard. We tend to avoid any experience that can lead to failure. Capturing failure is a big part of the fear of the unknown. Anything that doesn't tap into guaranteed success should be avoided. And the fear of failure means we're afraid of both the unknown and the disreputation that doesn't bring out the best in it. The unknown is where growth resides. For both civilization and the individual. Two roads diverted from a forest, and I - I took one less traveled. And that changed everything. (Tisza? Chapter 7: Crossing the barrier to the Convention So a quarter of people take responsibility for their own feelings and three quarters shift responsibility to external sources. Instead of realizing that she has decided to eat a lot in the past and she would have to learn to make new choices if she wanted to lose weight. Admit that his unhappiness and complaints stemmed from his own decisions, not from the actions of others. You will never find self-realization if you continue to allow yourself to be controlled by outside forces, or continue to think you are controlled by outside forces. Blame a neat little tool that you can use if you don't want to take responsibility for something in your life. This is a refuge for an outside-oriented person. The only thing to blame for not keeping your focus down when looking for external reasons unhappiness or frustration. But blaming yourself is foolish. Taking credit as well as taking responsibility for yourself is the first step to eliminating this faulty zone. People are different, and they see things from different perspectives. If anyone is right, then a breakdown in communication is the only predictable outcome. The shoulds always produce a feeling of strain, which is all the greater the more a person tries to update the shoulds of their behavior... Furthermore, due to outsourcing, its always contribute to the disruption of human relationships one way or another. (No, no, you do not realize that the law is there to serve you, not to make you a servant, you can begin to eliminate assembly behavior. People mocked Edison's, Henry Fords, Einstein, and Wright Brother - until they were successful. You too will be disdained as you begin to resist meaningless policies. Chapter 8: Justice trap fairness is an external concept – a way to avoid taking over your own life. Jealousy actually demands that someone love you in a certain way and you say: It's not fair if you don't. It stems from a lack of self-confidence, simply because it is a different controlled activity. This allows their behavior to cause emotional discomfort. People who really love themselves don't choose jealousy or don't let themselves get upset when someone else isn't playing fair. The foolish consistency of hobgoblin in small minds. (No, no, no, acting, not acting. (New Year's) Remove the external links to the comparison. Have your own goal, no matter what Tom, Dick or Harry does. Set out what you want without any references to what others have or don't have. Chapter 9: Putting and Ending Procrastination – Now the art of keeping up with yesterday's procrastination. (New Year's) Putting you off allows you to deceive yourself into believing that you're something other than what you really are. Decide to live five minutes at a time. Instead of thinking about tasks in big-term terms, think about it now and try to use a five-minute period to do what you want, refusing to stagger away anything that would result in satisfaction. Sit down and start something you've been hashing out. Start with a letter or a book. You'll see that a lot of putting it off is unnecessary, as you'll be very likely to find the job enjoyable once you give up procrastination. Simply beginning helps to eliminate anxiety throughout the project. Chapter 10: Profess independence in every relationship in which two people become one, the end result is two half people. A successful marriage, a marriage where both parties feel genuine love, all willing to let the other person decide for themselves rather than Nobody. Nobody. You control your feelings, except for you. Chapter 11: Farewell to Anger There's no way you're angry and laugh at the same time. Anger and laughter are mutually exclusive, and you have the power to choose either. Laughter is the sunshine of the soul. And without sunlight, nothing can live or grow. Perhaps the most prominent feature of healthy people is their hostile sense of humor. Chapter 12: A portrait of a person who has eliminated all faulty zone doers to do it. Critics blame and complain. All the normal functions of life hold some joy. ★Download this free PDF summary here [📄](#) my free book on living your dream life [📖](#) sponsor bestbookbits using PATreon **\$** supports bestbookbits by clicking on the links below