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Beyond Willpower: The Secret Principle to Achieving Success in Life, Love, and Happiness Description. A new book from the bestselling author of The Healing Code about how to go from stress to success in 40 days. The revolutionary new science of Practical Spirituality designed to replace stress with well being and success, quickly and for the long term.Did you know that most self-help ...

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Nothing ever worked (except for Noah St. John's The Secret Code of Success: 7 Hidden Steps to More Wealth and Happiness, which is a nice complement to Beyond Willpower). Beyond Willpower explains why the typical success strategies fail 97% of the time. Success certainly eluded me until I started using Dr. Alex Loyd's principles, which I was introduced to through his weekly "Spiritual Laws of ...

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[Beyond Willpower: The Secret Principle to Achieving...](#)

Describes how to harness the power of love to combat stress using a forty day program that incorporates a quarter century of clinical experience with science and ancient wisdom to help readers meet their goals and achieve success.

A new book from the bestselling author of The Healing Code about how to go from stress to success in 40 days. The revolutionary new science of Practical Spirituality designed to replace stress with well being and success, quickly and for the long term. Did you know that most self-help programmes have a 97% failure rate? The truth is that the standard self-help mantra of tapping into your willpower and using the power of positive thinking is actually a blueprint for failure. In Beyond Willpower, bestselling author and psychological counselor Alex Loyd, reveals the definitive step-by-step programme to help you finally achieve the life you want and the success you deserve. Science has proven that stress is the primary source of virtually any problem - physical, spiritual, emotional, and even circumstantial. Loyd believes that we need to understand how love works in our bodies to combat stress. By harnessing love's power and learning to love in the present moment, you can define your life goals and live mindfully in a state of peace. Beyond Willpower offers a revolutionary 40-day holistic guide based on more than 25 years of clinical experience and rooted in science, ancient wisdom, and proven therapeutic techniques to remove personal obstacles that sabotage success. Using the programme you will define your goal, be it wealth, career satisfactions, healing of health issues, or resolution of relationship problems and follow the step-by step process for achieving this goal quickly and for the long term.

"Beyond Willpower offers a revolutionary 40-day holistic program based on more than 25 years of clinical experience and rooted in science, ancient wisdom, and proven therapeutic techniques to remove personal obstacles that sabotage success. Using the program you will define your goals and hone in on want you really want in life--what really defines success for you"--Provided by publisher.

Did you know that most self-help programs that follow the standard success blueprint have a 97% failure rate? The truth is that the typical personal improvement mantra of tapping into your willpower and activating the power of positive thinking is actually a recipe for failure. In Beyond Willpower, bestselling author and psychological counselor Alexander Loyd, PhD, ND, reveals a unique, highly effective program to help you finally achieve the life you want and the success you deserve. Science has proven that stress, or internal fear, is the primary source of virtually any problem we encounter– physical, spiritual, emotional, and even circumstantial. New research has shown that fear is literally programmed into us at the cellular level, which is why most of us are unable to turn off our stress response by willpower alone. For the first time, this book teaches you how to change your cellular programming from fear to love, triggering a natural chemical chain reaction that fuels you for your best success. Rooted in science, ancient wisdom, and proven therapeutic techniques to remove personal obstacles that sabotage us, Beyond Willpower offers a revolutionary 40-day holistic program based on more than 25 years of clinical experience. With this program you will identify and clarify what fundamentally defines success for you. Then you ' ll receive the three simple tools you need to internally shift from fear to love physically (using the Energy Medicine tool), mentally (using the Reprogramming Statements tool), and spiritually (using the Heart Screen tool). You'll also have free access to the unprecedented "Success Issues Finder" test, which accurately diagnoses your unconscious and subconscious issues related to success and failure, happiness and unhappiness. No matter how you define success – as wealth, career satisfaction, healing of health issues, or resolution of relationship problems –Beyond Willpower will help you achieve it once and for all, quickly and for the long term. From the Hardcover edition.

Did you know that most self-help programs that follow the standard success blueprint have a 97% failure rate? The truth is that tapping into your willpower and using the power of positive thinking in order to achieve success may sound reasonable, but in reality it's a blueprint for failure. THE GREATEST PRINCIPLE offers a revolutionary new way of achieving success in all areas of your life. Based on more than twenty-five years of clinical experience, and rooted in science, ancient wisdom and proven therapeutic techniques, this groundbreaking program will help you remove any personal obstacles so that you can achieve health, wealth, and relationship success beyond your wildest dreams. Bestselling author and psychological counselor Alex Loyd, PhD, ND has designed the definitive program to help you go from stress to success in just 40 days. Science has proven that stress is the primary source of virtually any problem we have-physical, spiritual, emotional, and even circumstantial-we need to understand how the Greatest Principle, love, practically works in our bodies because it is the answer to virtually any problem we have. The human body requires it not only to thrive, but to survive. THE GREATEST PRINCIPLE is designed to help you learn to live in love internally and externally in the present moment. Using the principle you will define your goal and home in on want you really want in life-and what really defines success for you. No matter how you define success-- as wealth, career satisfactions, healing of health issues, or resolution of relationship problems-- THE GREATEST PRINCIPLE outlines a step-by step process for achieving that goal once and for all, quickly and for the long term.

Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," The Willpower Instinct is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, The Willpower Instinct explains exactly what willpower is, how it works, and why it matters. For example, readers will learn: • Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep. • Willpower is not an unlimited resource. Too much self-control can actually be bad for your health. • Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower • Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control. • Giving up control is sometimes the only way to gain self-control. • Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of Getting Things Done, The Willpower Instinct combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won ' t reach our goals without first learning to harness self-control.

International bestselling author of The Healing Code and The Love Code Dr. Alexander Loyd offers a radical new approach to mindfulness, a powerful tool called Memory Reengineering that enables users to level up their lives in as little as 10 minutes. We have all had negative experiences in our lives, the memories of which can cause shame, embarrassment, fear, trauma, and worse. Those memories often prevent us from reaching our goals, whether they be related to weight, career, relationships, or success in other areas. But international bestselling author Alexander Loyd has developed a set of techniques that enable users to change the stories they tell about themselves to become healthier, happier, and more successful. Memory Reengineering is a toolbox of skills that disconnect painful emotions from memories, replacing them with happier and healthier feelings. In The Memory Code, Dr. Loyd teaches readers that the past does not have to dictate the future. You can change your behaviors by changing the way you tell your story-and once you understand the process, you can begin to feel the effects in as little as 10 minutes. Whether you want to improve at work, fix your relationships, end an addiction, or just finally move past painful memories to achieve self-growth, The Memory Code will give you the power to change.

Be more effective with less effort by learning how to identify and leverage the 80/20 principle: that 80 percent of all our results in business and in life stem from a mere 20 percent of our efforts. The 80/20 principle is one of the great secrets of highly effective people and organizations. Did you know, for example, that 20 percent of customers account for 80 percent of revenues? That 20 percent of our time accounts for 80 percent of the work we accomplish? The 80/20 Principle shows how we can achieve much more with much less effort, time, and resources, simply by identifying and focusing our efforts on the 20 percent that really counts. Although the 80/20 principle has long influenced today's business world, author Richard Koch reveals how the principle works and shows how we can use it in a systematic and practical way to vastly increase our effectiveness, and improve our careers and our companies. The unspoken corollary to the 80/20 principle is that little of what we spend our time on actually counts. But by concentrating on those things that do, we can unlock the enormous potential of the magic 20 percent, and transform our effectiveness in our jobs, our careers, our businesses, and our lives.

Did you know that most self-help programs that follow the standard success blueprint have a 97% failure rate? The truth is that the typical personal improvement mantra of tapping into your willpower and using the power of positive thinking is actually a recipe for failure. In The Love Code, bestselling author and psychological counselor Alexander Loyd, PhD, ND, reveals the definitive self-help program to help you finally achieve the life you want and the success you deserve. Science has proven that stress is the primary source of virtually any problem– physical, spiritual, emotional, and even circumstantial. Loyd believes that we need to understand how love works in our bodies to combat stress. By harnessing love ' s power and learning to live in the present moment, you can define your life goals and live mindfully in a state of peace. Rooted in science, ancient wisdom, and proven therapeutic techniques, The Love Code offers three important mental, physical, and spiritual tools and a revolutionary 40-day holistic program based on more than 25 years of clinical experience in removing the obstacles that sabotage us. You'll also have free access to the unprecedented "Success Issues Finder" test, which accurately diagnoses your unconscious and subconscious issues related to success and failure, happiness and unhappiness. No matter how you define success – as wealth, career satisfaction, healing of health issues, or resolution of relationship problems – The Love Code will help you achieve it once and for all, quickly and for the long term.

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