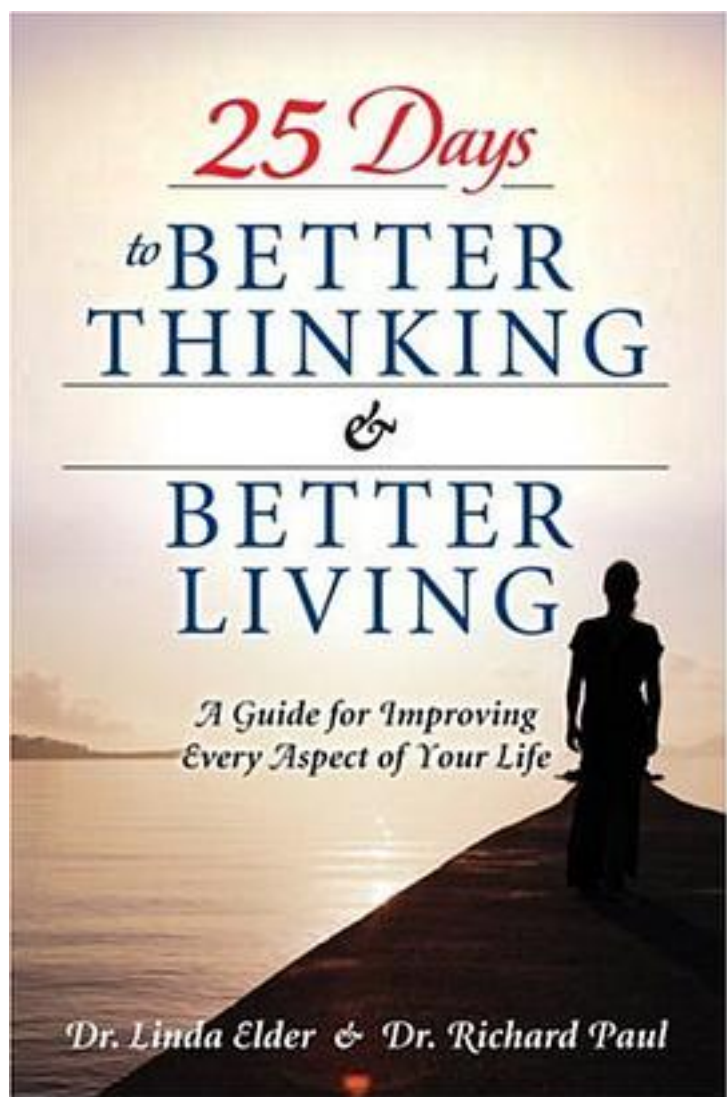


# 25 Days to Better Thinking and Better Living



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著者:Linda Elder

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You are what you think! Take control of your thinking...and start living life to the fullest! In just 25 days, you can discover how to cut through lies, gain insight, and make smarter choices in every area of your life-from work and money to your intimate relationships. Discover how to overcome bad thinking habits caused by self-delusion or out-of-control emotions...clarify what you really want...recognize what you don't know. Ask the right questions...resist brainwashing, manipulation, and hypocrisy...Avoid worrying, conformism, and blame! \*25 powerful ways to improve your thinking-and make smarter, better decisions. \* Stop deceiving yourself: Overcome built-in self-delusion, wishful thinking, and worrying. \* Use better thinking to make better decisions at work, at home, and throughout your life. \* Critically evaluate what you're told by advertisers, politicians, your boss...even your family! \* Quick, practical, easy to use! Includes daily/weekly action plans, progress notes, and more.

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