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PowerUP!: Find and use your potential, talents and dreams. Understand how to remove negative thought patterns so that you can make your dream a reality!

Merethe Dronnen-Schmidt

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Do you know that you are unique and that there is only is one version of you? Do you know that who you think you are and what you think you can do, decides where and how far you can go in life? We are all born with dreams, hopes and a potential; abilities and strengths. But sometimes it is our own thoughts that are limiting us. This book is named Power-Up! because the content in the book will assist you in the process of becoming a better version of yourself through removing destructive thought patterns and renewing your mind. Through these processes you receive new power and strength to reach your goals. Many books on the market encourage the readers to think positive, but do not give you a proper understanding of what to do if you are falling back into old destructive thought patterns. To unlearn destructive thought patterns, it is necessary to understand how thought patterns are being established in the human mind. The right moves must be taken at the right places in the process. Simply wishing positive changes in your life will not lead you there. Only through a real change of thoughts, which again influences one’s behavior, can you ensure a lasting change in life. Too many are suffering destructive thoughts about themselves, who they are, what they can do and how far they can go,- and positive thinking alone cannot remove these. Others have stopped dreaming, and many wish to become a better version of themselves and maximize their potential. In this book you will learn cognitive techniques that will able you to remove limiting thoughts from your mind, so you again can think powerful thought about yourself and your possibilities. It will give you a concrete tool to start taking new steps in your life, and come closer to fulfilling your dreams and goals. I call this a real power-up of yourself! The life you live is your life,- and no matter your previous life experiences, you can decide to take some steps to reach new goals in your own life!

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