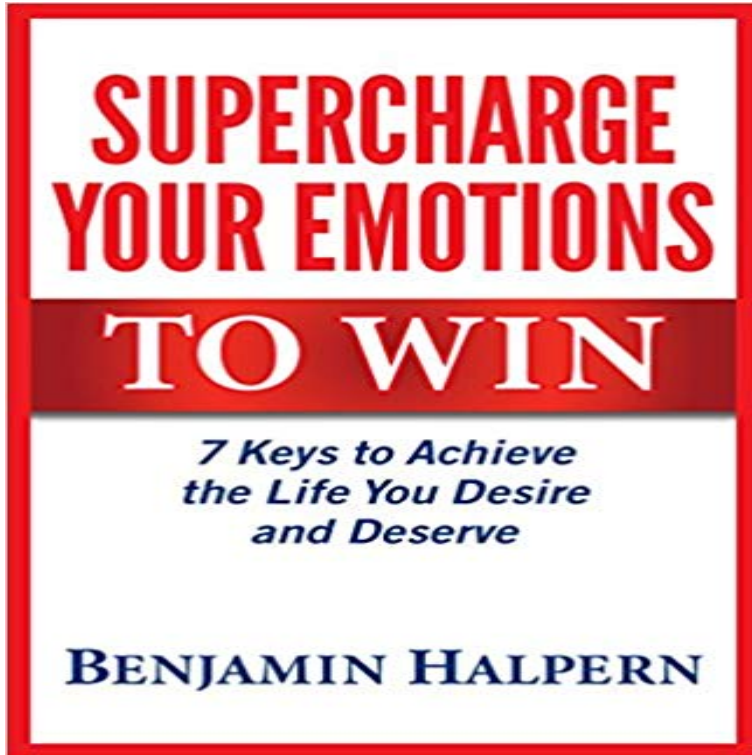


Supercharge Your Emotions to Win: 7 Keys to Achieve the Life You Desire and Deserve



The purveyors of most personal development methods and books focus on logic, facts, willpower, and discipline. But we already know that to lose weight we have to eat less. And to get fit we need to go to the gym daily. And to build stronger relationships we must communicate more. As Benjamin Halpern shows in this remarkable book, we must deal first with the limits we put on ourselves to follow through on what we know and learn and want to do. And how is this done? By developing and attaching strong, productive emotions -- supercharged emotions -- to our understanding and choices. Only when we live in an empowered emotional state can we attain our dreams in every area of our life. With lots of examples and exercises, Halpern clearly lays out the seven keys that will give you the emotional leverage you need for success:

- 1 Clarify Your Outcome
- 2 Recognize Whats in Your Control
- 3 Magnetize Your Thoughts and Actions
- 4 Manage Your Emotions
- 5 Set and Attain Your Goals
- 6 Access the Power of Belief
- 7 Maintain Your Power

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