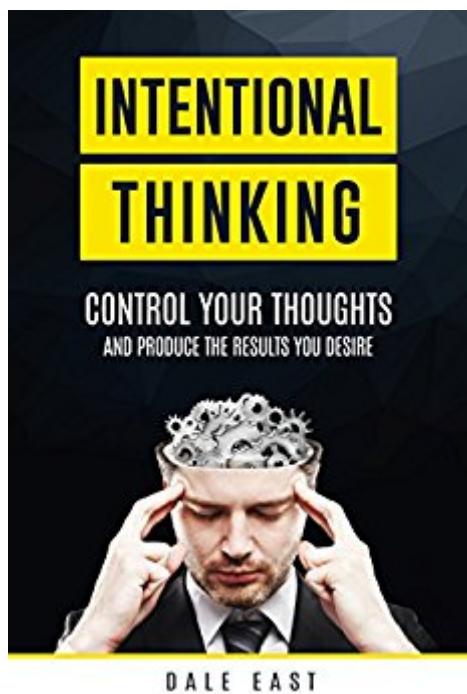


The book was found

Intentional Thinking: Control Your Thoughts And Produce The Results You Desire



Synopsis

Live the Life You Deserve, with Intentional Thinking! You know...there's more to life than you're currently experiencing...you're capable of so much more than you've achieved. You're stuck in a pattern of self-sabotage. Fear and worry are preventing you from being who you know you can be. You've worked hard all your life and still never enjoyed the results you should have achieved. You've seen others achieve more with what seemed like much less effort. You know the highly successful people that make it look easy and natural. This book is for people who know there is more to life than their current experience. People who want a step-by-step, action guide. A plan to gain control of their thoughts, and produce the results they want. There are so many things that could be standing in your way. You could be fighting off limiting beliefs installed when you were a child. Or a giant fear that prevents you from taking action. Even when you know that action could be life changing. Maybe you suffer from a constant state or worry that has you stuck in a rut you can't climb out of. The problem is, you are what you think. Your mind is out of control. Overcoming fear of failure, worry and an inability to take action on your dreams and desires seems impossible. The good news is, there is a system. A step-by-step process, you can use to take control. You can control your thoughts, and create the results you want, for any area of your life. "Intentional Thinking" is the answer. This is my story! It's how I, and thousands of others around the world, are moving toward the life we all seek using intentional thinking. I give you the skills, that will allow you to finally control of your thoughts. Commit to this action plan, and your life will never be the same. You will learn to: Conquer your critical thinking and inner voice, (whose job it is to keep you stuck). Change your thinking, so you can erase thoughts that no longer serve you. Begin to think intentional thoughts, to move toward the life you desire. Find freedom from fear, worry and stress. Happiness is a choice that you choose anytime you want. Find passion and fulfillment, to create the life you dream of. Follow the information in this book and you will find a new level of peace, joy and happiness...today. New opportunities will open for you. And without fear, you'll be able to take action on those opportunities. I take you by the hand, and give you a step-by-step formula to take control of your thinking. You'll learn how to keep only thoughts that serve you, and how to release old thought patterns that sabotage your success. Before you buy this book I have a few questions for you: What's stopping you from taking control of your thinking? Why not take control of the results you get in your life? Why not have the life you dreamed possible? Be intentional about your future. Get "Intentional Thinking" today. Scroll to the top and click the "Buy Now" button. •

Book Information

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Customer Reviews

Well worth reading. The book contains a number of seemingly simple yet profound techniques for developing the skill of Intentional Thinking. This skill can be life changing as we are what we think. The book gives good explanations and encouragement and also deals well with potential pitfalls that bug many good intentions. This is not just a theoretical exercise. This stuff really works. I already practice a number of these skills on a regular basis with excellent results. I have read this book through, and I also plan to do so again on a regular basis as a refresher to keep me focused.

While hanging out with the family over Thanksgiving, I was looking for a little quiet time and a good read. I ran across this newly released title and decided to take a chance. The price was right and the title was intriguing. I ended up reading through it in one sitting and was not disappointed. Now....the heart of the subject and putting the ideas that the author lays out into practice in daily life will require a little more work on my part than just reading it once and putting it aside. I've

highlighted points and areas to go back and concentrate on and will be referencing it regularly. I appreciate that the author takes a subject that we think we already know and lays out a step by step plan to APPLY it. Yes, we may believe that we are thinking intentionally and in control of our thoughts, but in reality, most of us probably aren't. At least, I'm not. This book really opened my eyes to the fact that I've been bouncing between circumstances and not always controlling the direction I want to go. I've already started the steps towards making conscious decisions in daily activities and being present rather than just a bystander. I highly recommend this book if you're looking to make positive changes in your life.

This book is aptly named "Intentional Thinking." The techniques for freeing ourselves from negative thoughts and the bad feelings they induce require intentional thinking. With this book you will learn to create a quiet place where you can be free of doubt and fear. You will learn how to evoke the happiest moment of your life whenever you want to. The author provides exercises to gain control of our mind, our thoughts and our feelings. By focusing on a single positive thought for 15 seconds, we can control our minds and therefore our lives. We can learn how to be silent, to quiet the mind, so we can be objective about our thoughts. You will learn the two important power questions you need to ask yourself. You will learn how to overcome fear and worry. I particularly appreciated the thought provoking quotes from great thinkers and the author's own story of how he improved his life when he learned how to think intentionally.

Dale East has put the ideas in this book together in such a way that I am led to understand that I have not been thinking intentionally—far from it. I have in fact been thinking about the past and the future far too much, which has robbed me of the present, which, East points out, is the only place real change can be made, and where peace of mind can be found. There is so much in this book it is hard to encapsulate it. The real point I want to make is that East succeeds in giving the reader enough down to earth information in the form of step by step instruction that it is extremely simple to accomplish the task of staying in the present. I didn't say it would be easy, though, and neither does he. He makes sure to insist, very gently, that you actually do the work he suggests. The hard part is disciplining yourself to do the exercises and stay on the path. But if you do, I promise you, this book will change your life. It changed mine. And if you still doubt, my personal testimony is that I am now happier, more focused, and more productive than I have ever been, as a direct result of reading Intentional Thinking and applying its ideas.

This book is fairly well researched and well thought out. The author does a good job of mixing personal beliefs and the lessons he has learned through experience with the words, thoughts, and advice of well-known authors and thinkers. The book covers a wide range of factors, both external and internal, that we allow to dictate or influence our thoughts. It also provides some suggested methodologies for gaining greater control over our thoughts. Unfortunately, the overuse of the word "I" results in a work that occasionally comes across as more snake oil salesmanship than as coming from an authority. Likewise, while some of the techniques presented are sound advice, but an over-emphasis on the "importance" of doing these as instructed is a bit exaggerated.

Dale East explains how to control your own thoughts, make your thoughts your bitch and thus live the life you want. I'd say read this book with an open mind (as you should generally do with books). It's excellent! really easy to read without those crazy intellectual words that stump you. This is a book I'll be reading more than once. ☺

Live in the present and be happy. This is the main premise of this stoic genre publication. What is original is the way that Dale puts his ideas across in very practical ways. Unlike strict philosophy books, he really breaks it down from a very personal perspective. I loved how he dealt with regret and negativity in particular. If you are a person who worries about what you can't control or who has a negative voice in the mind give this book a try. The complimentary audiobook makes it 100% convenient as well.

The book has a lot of wonderful insights. However, I feel many of the processes he wants you to implement are more difficult than he suggests and he does not give enough detail on how to accomplish it. He makes many assumptions that I do not believe are as simple as he suggests. Having said that I believe it is definitely a book worth reading and working the approach.

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