# Beyond Willpower

By Alexander Loyd

Random House LCC US Feb 2015, 2015. Taschenbuch. Book Condition: Neu. 233x156x22 mm. Neuware - 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...

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