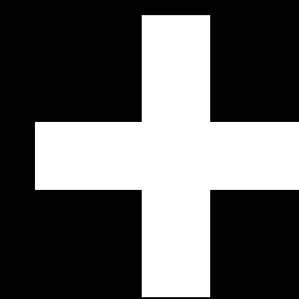


3 simple tips helping you win  
«The internal war»  
in your mind

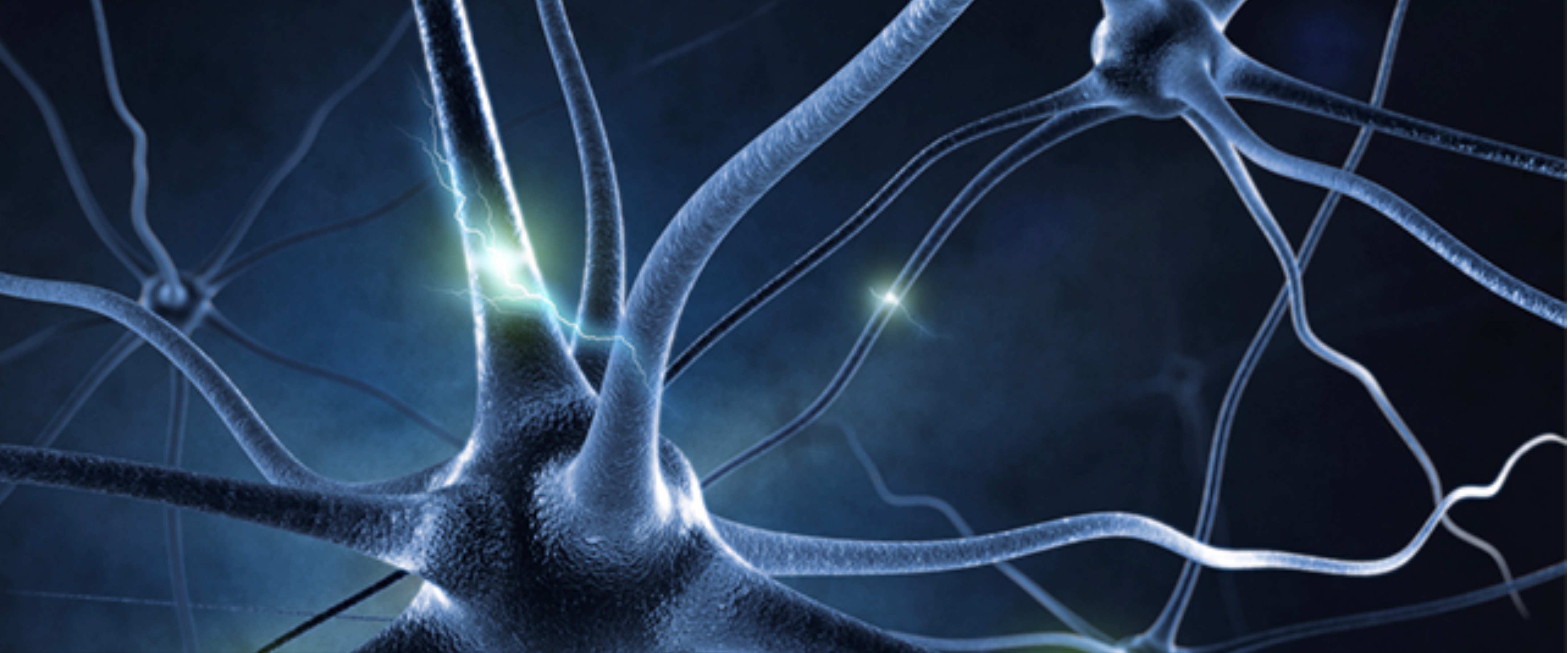


So much cutting edge research has seen  
the light of day in recent years showing  
**the power of the mind.**

Anyone can create new thought patterns and  
new habits no matter how old they are.

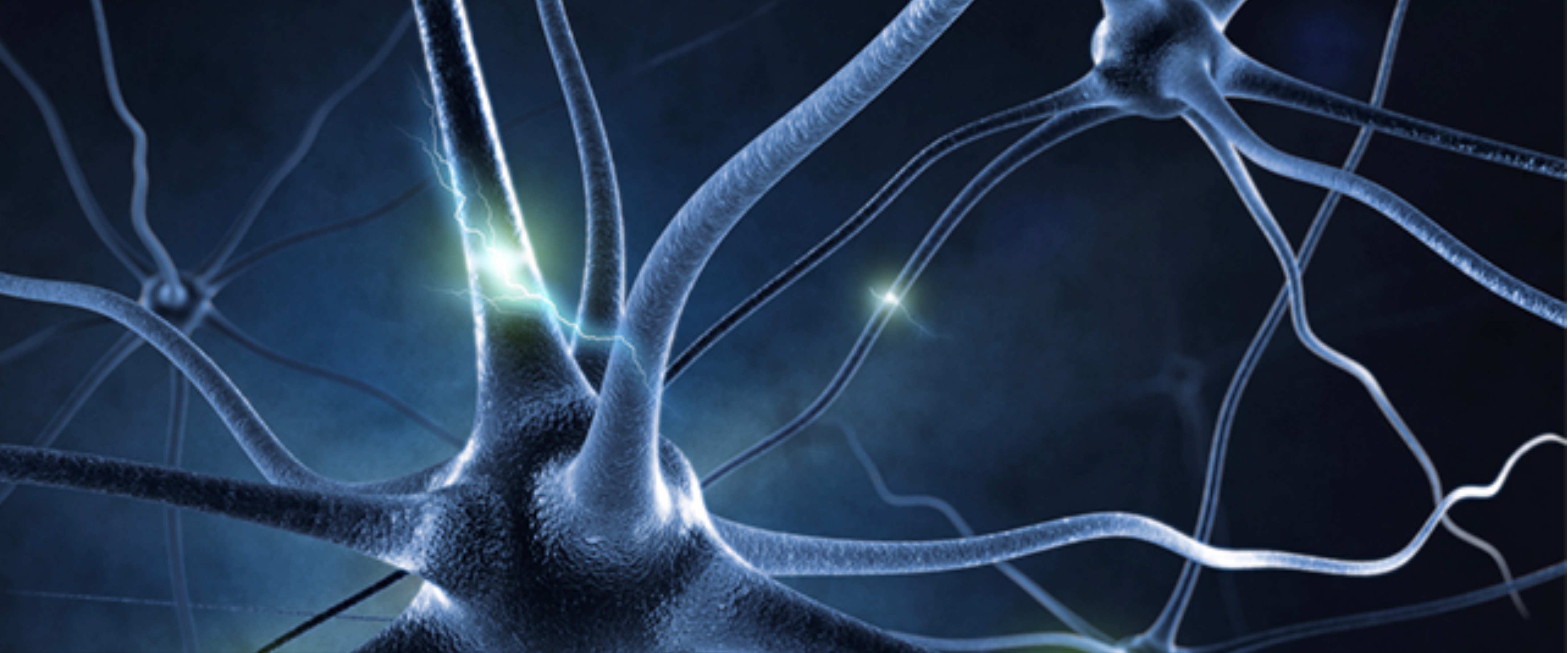
Exciting research called **neuroplasticity** shows the brain's ability to reorganize itself by forming new neural connections throughout life.





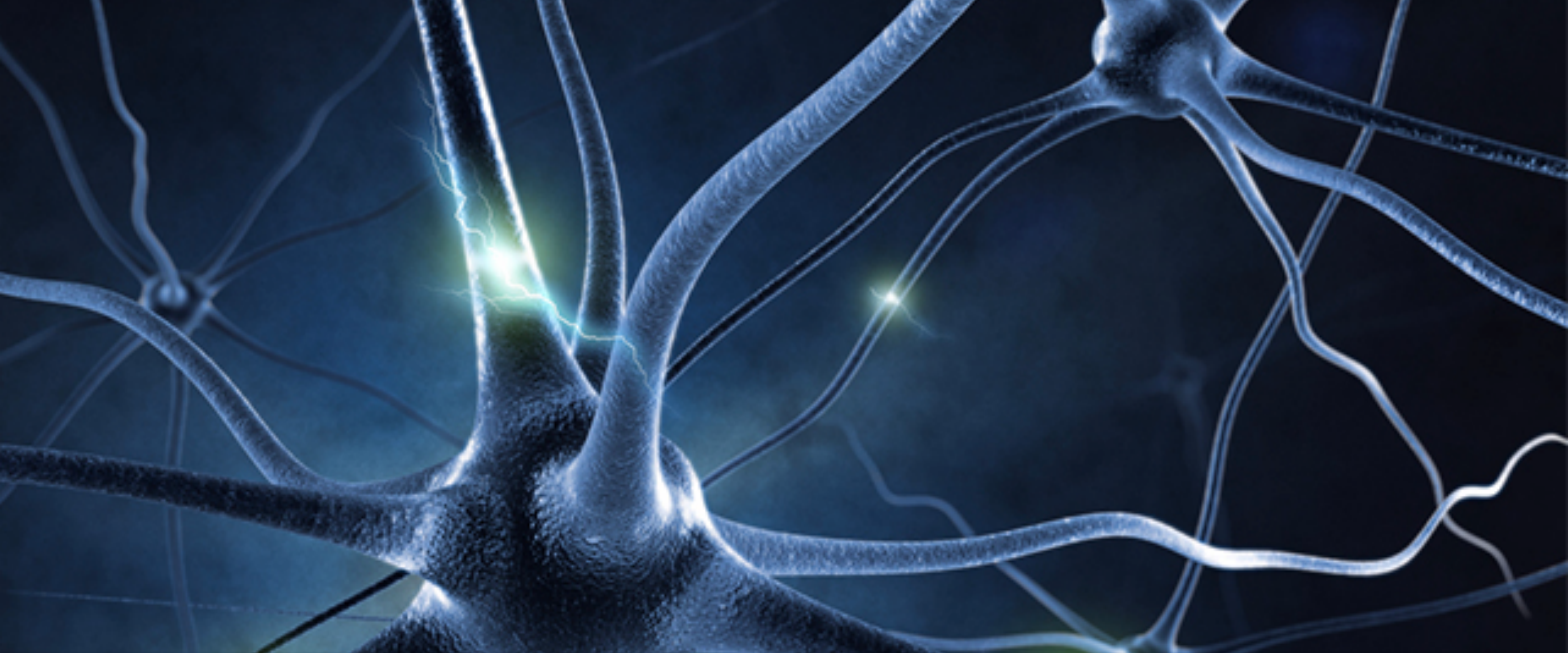
By thinking new positive thoughts  
you will create a new neural network in your brain.





But you need to think the positive thoughts over and over again to make «them stick».





This will lead to a permanent new neural network releasing transmitters.



Transmitters go into the blood stream  
setting up a feeling.



Feelings are the foundation for making  
decisions and taking actions steps and...



... action steps lead to the results you  
get in life.



If you are not happy with your results you need  
to change your thinking.

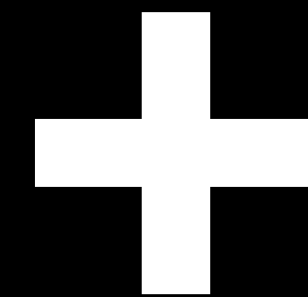


However, when you start thinking new,  
positive thoughts the old, limiting beliefs  
and thought patterns residing in your mind  
will put up a fight.



They will try to stop the new, positive thinking patterns to stick and become permanent.

«An internal war»  
in your mind is going on.





The challenge for most people is that the negative, old thought patterns are very strong due to years of negative programming (limiting and negative beliefs).

Since the negative thought patterns are so strong  
they often «crush» the first attempts to think  
new, positive thoughts.



The often  
«win the battle»

These negative thought patterns are actually the voice in your head telling you that you are not good enough, or smart enough or clever enough or have what it takes to reach and achieve what you want in life.



This voice is nothing more than negative programming of your subconscious mind which started the day you were born.

Most of us have grown up in an environment with limiting beliefs which are now residing in our subconscious mind stopping us from reaching our goals.



These beliefs are strong and they fight to win «the internal war». They want you to stay where you are. It's the power of your subconscious mind.

The good news is that you can change your  
subconscious mind by winning  
«the internal war».

And you do this be thinking new, positive  
thoughts over and over again.  
You make a habit of thinking  
thoughts of success.





And here are 3 simple tips which will help  
you win «the internal war».



**Be around positive people**

Avoid negative people trying to put you down.  
People who don't understand or support you on  
your journey to reach your goal.



If you let them get to you they will only give fuel to the old, negative programming in your subconscious mind.

This will make it easier for the negative side to win the battle because the positive side in you gives up.

If, on the other hand, you are among positive people they will give fuel to the positive side of «this internal war».





**Boost Your Confidence**  
when you're feeling down

We all face challenges on our journey towards our goals. Even the most successful people in the world face disappointments and hard times.

Remember - a defeat is not a defeat until it's  
accepted in the mind.

If you let the negative side «win the war»  
you have given up in your mind.  
Then it's game over.



**WINNERS  
NEVER  
QUIT  
AND  
QUITTERS  
NEVER  
WIN**

VINCE LOMBARDI

Successful people don't give up. They boost themselves to regain positive strength.

How?

1. By being around positive people helping them «back on track»
2. By reading or watching inspirational books and movies and quotes reminding them they have the power within to make it.

If you are feeling down and the negative side seems to get the better of you here is what you should do....



....pick up your favorite inspirational book or movie or quote and it will help you regain your positive power.

The reason why positive quotes are so popular is because they remind us that we are powerful beings with great powers within.

You have it within you to reach  
any goal you desire.

It's all about winning «the internal war» and  
inspirational books, movies and quotes can be of  
great help in this war.



**Boost Your Energy**  
with the right food at the right time



Science is showing us that  
**everything is energy** and that  
everything has it's own **vibrational frequency.**

The food you eat and it's vibrational frequency  
will influence your thinking process.

Certain food will lower your energy and influence your thinking in a negative way. It will give power to the negative side in «the internal war».





If you often eat fast food while trying to reach your goal you will struggle because you are letting the negative side gain power.



Fast food has a lot negative effects  
on the body and the mind.



If you stick to more healthy foods it will  
nourish your positive thinking and help you  
win the battle.

For almost 10 years I have had a passion to find out why some people succeed and others fail.

In a nutshell the answer is this:  
**Continued positive thinking**

*Always thinking thoughts of success*

It's all about  
winning «the internal war»



During these 10 years I have also come across  
some great health tips and great food that will  
boost your energy and your positive thinking  
helping you win the war.

It's all about eating the right food  
**at the right time.**

It's like a Dieter's Secret Code

You can learn more about this  
energy food and when to eat it  
by clicking  
HERE