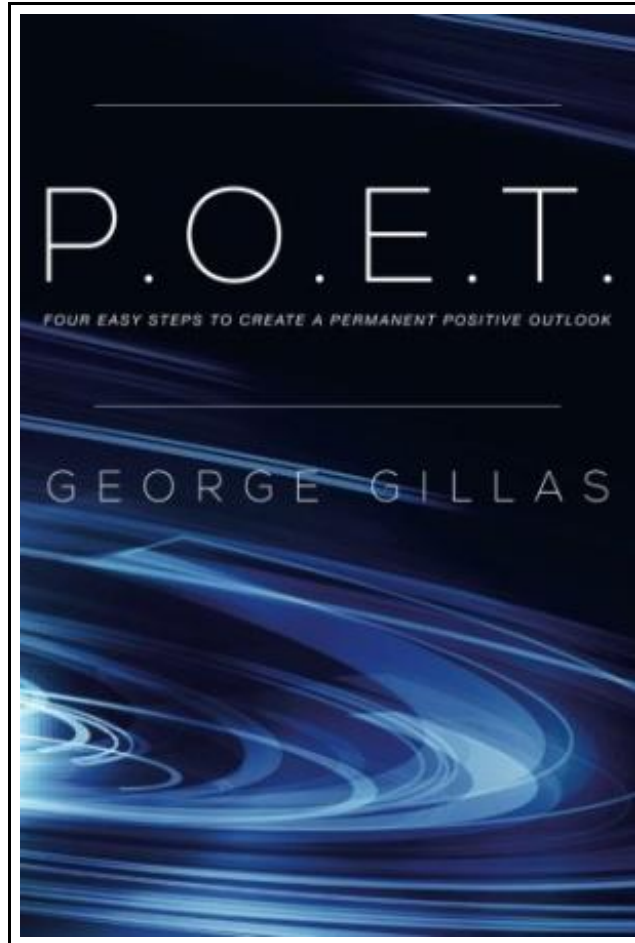


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P.O.E.T.: FOUR EASY STEPS TO CREATE A PERMANENT POSITIVE OUTLOOK (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How do we maintain a positive outlook in the face of day-to-day stressors? How do we learn to see the silver lining of situations faster and more easily? Is there a way to interrupt our thinking when we find ourselves becoming negative? Can we learn to look at the behavior of others with curiosity rather than judgment so we can avoid being pulled into their drama? Can we train our mind to find more of the things we want (joy, happiness, love, affluence, health, laughter, etc.) and less of the things we don't want (anger, sadness, fear, guilt, hurt, despair, etc.)? And, most importantly - can we do this without countless hours of rigorous mental training? These questions and many more are answered in **P.O.E.T.: Four easy steps to create a permanent positive outlook**. **P.O.E.T.** works because it mirrors the natural processes of our unconscious mind. The simple process is based in NLP (Neuro Linguistic Programming) and hypnotherapy. NLP is the art and science of using the language of your mind to create new behaviors, which give desired results consistently. After years of teaching **P.O.E.T.** to his clients, the author has committed the entire process, and the science behind it, to book form. You'll find the exercises in **P.O.E.T.** to be elegant in their simplicity yet eye-opening in their depth. Moreover, once you start to apply the steps of (P) Pause, (O) Observe, (E) Examine / Engage, (T) Thank; you'll find that you have much more control over your responses than you ever thought possible. **P.O.E.T.** can be used both when things are going poorly and when things are going great. This process teaches you...

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