



The Power Of Thought: Discover The Potential Of Your Mind (self-help, positive thinking, mental health, brain food, thinking skills)

Andre Golding

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This is a quick read and introduction to discovering and unleashing the potentials of your mind to think clearly, strategically, and divergently so you can make better choices and right decisions.

What you will discover, learn, and benefit from this book are the following:

How your brain processes your thoughts

What brain-friendly foods to include in your diet

How to identify your thinking style and develop other styles so you can benefit from the balance

Various ways to think positively and benefit from your positive thoughts

How to use your negative thoughts to your advantage

Proven strategies for developing (a) critical thinking, (b) strategic thinking, and (c) divergent thinking

How to boost the power of your brain without spending much

The book does not intend to dictate how you should think; rather, it intends to help you discover the potentials of your mind in developing thinking styles and skills other than what you are using at present. The goal is to encourage you to learn and apply new ways and strategies of thinking to improve how you live your life and deal with its challenges.

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