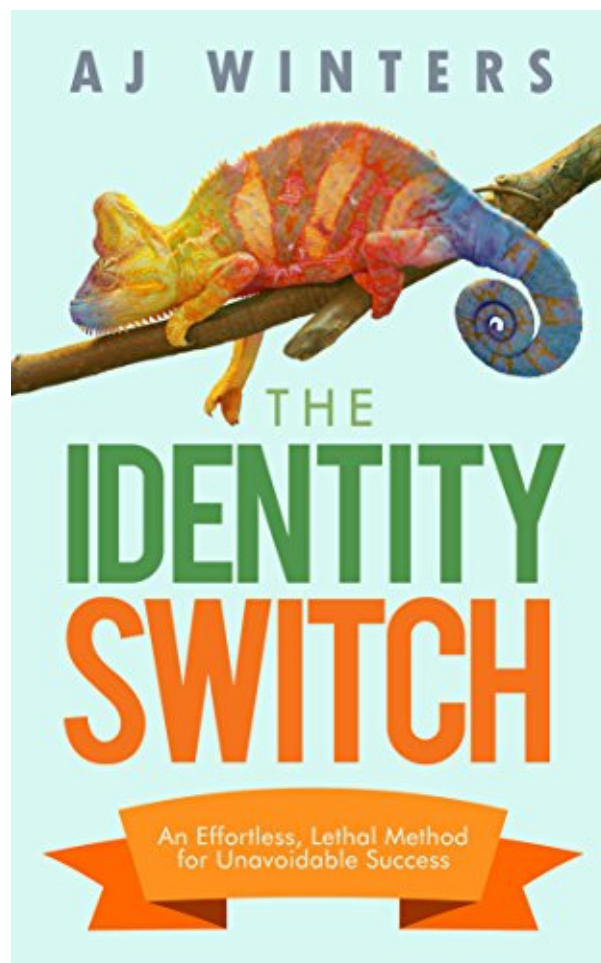


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PDF

Change Your Life by Flipping One Switch in Your Mind

If you could change your life by flipping one switch your mind, what would you alter?

Would you be slimmer and healthier? Would you develop a better relationship with your family, would you earn more money?

It's time to start turning those dreams into reality...

The Success Hacks That Changed My Life – And Will Change Yours Too

I've always been a dreamer. Sadly, those dreams were often out of reach.

I'd achieve success in one part of my life – maybe getting good grades, or a promotion – only to see negative side-effects, such as weight gain and stress.

And that was when things worked out; more often than not, I simply failed to achieve my goals. Thankfully, all that changed a few years back, when I stumbled across the Identity Switch method.

Effortless Alteration

“No pain, no gain” – it's a mantra that's drilled into many of us. But what if it weren't true? What if achievement weren't a function of blood, sweat and tears – but mere psychology?

This book discusses the art of making achievement feel effortless, via lethal psychological strategies and habit formation hacks – all rolled into one powerful process, aka the Identity Switch Method.

- Sales Rank: #219188 in eBooks
- Published on: 2015-04-30
- Released on: 2015-04-30
- Format: Kindle eBook

Most helpful customer reviews

26 of 27 people found the following review helpful.
Struggling to achieve success? Here's Your Solution!
By TFLReader

I feel like this is a must-read for anyone wanting to improve their life, whether you want that success to be in terms of wealth, fitness, romance, or whatever.

I'm 34 and have always struggled with motivation and achieving the kind of success I'd always imagined myself enjoying by now. I would have motivation in fits and starts (usually at the beginning of the year), but I couldn't ever keep it up over a long enough period of time to actually make any real positive changes in my life. I would make resolutions that would backfire. I would force myself to do something and then never do it again. I could never maintain an exercise habit.

I got my copy of *The Identity Switch*, feeling quite incredulous. But at this point, I really wanted to make a change.

It was well worth reading. The section on habits was eye-opening for me, and showed me why I couldn't get my resolutions to stick and why habits don't work. And then I read about the Identity Shifting, and I felt like a lightbulb had gone off in my head. I could immediately see myself more clearly and I knew what I had to do (mentally) to get my life on the track I wanted.

I also got hold of the free book that author offers as a gift (*The Productivity Switch*) and I think it's a perfect complement to this one.

Since reading these two books, I've started to change things around, starting with the Identity Shift that the author talks about. I already have a habit in place (it's related to losing weight) and I've been working out consistently (and happily!) for once!

I'm very excited about the things I'm going to do, instead of forcing myself to do things as a chore or something I "should do". This book has been a real eye-opener for me.

20 of 21 people found the following review helpful.

How to get your brain's wiring to work for you not against you

By Kitty Smith

I really enjoyed this book. It's all about getting your brain to work for you instead of resisting what you should be doing. For example, you know you should be taking out the trash or doing a workout, but you never seem to do it. This book explains why and what to do about it. It shows you how to get your brain on your side!

This is a great resource for anyone who wants to be more productive. And other than couch potatoes, that is pretty much all of us.

3 of 3 people found the following review helpful.

Worth every page

By Candoar

A five star review means that I love this book.

After applying a few methods in this book, I'm able to change a few of my habits considerably. (My mom and wife are already wondering how.)

I love this book for,

- Its on the premise that getting better and changing habits easy, provided you know how

- The know-how of the same is outlined and given in an easy to understand and adapt way
- The concepts of change are written in understandable way
- The writing is smooth
- Author AJ Winters, definitely is a blessed writer
- A recommended material for those who are unable to change to better

Moreover, the other book which came 'free' with this, 'The Productivity Switch' is again something worth mentioning.

- The way the book is written is unique.
- I urge the reader of this review to consider the purchase of Identity Switch and get the other book too, for that again is a worthy read for personal betterment.

Readability 4/5

Understandability 4/5

Lay out, structure 3.75/5

Value for money 4+/5

Usefulness 4.5/5

See all 53 customer reviews...

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