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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

7 Secrets To High Performance Thinking – Part 7

By John Colanzi

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The first six secrets were the blocks building up to the real secret behind high performance thinking.

High performance thinkers recognize the awesome power of their subconscious mind.

- * Relaxation
- * Visualization
- * Autosuggestion
- * Goal Setting
- * Whole-Brained Thinking
- * Humor

All of the above are designed to help you unleash the awesome power of your subconscious mind.

The subconscious has been called the sleeping giant. It's like a big bear hibernating during the winter.

It's waiting for you to wake it so it can do its work.

All systems from Silva Mind Control and NLP to the mystical traditions such as Yoga and Martial Arts are designed to take us beyond our cultural conditioning.

7 Secrets To High Performance Thinking – Part 7

They are all designed to help us realize that there is more to high performance thinking than our logical analytical thinking.

Hunches, intuition etc. are the results of our subconscious working behind the scenes.

In the words of Maxwell Maltz, "Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as you can change your beliefs."

That power to make your dreams come true is your subconscious mind.

Maybe it's time you woke the sleeping giant and put it to work for you.

John Colanzi has been writing for the Internet for 3 years. He has shown hundreds of webmasters how to use mindset medication to join the ranks of the successful, prosperous marketers. His latest eBook, "7 Secrets Of Success" is available free at:<http://www.internet-profits4u.com/secrets.zip>

7 Secrets To High Performance Thinking – Part 6

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The Taoist's have a saying, "The Journey is the reward."

High performance thinkers exemplify that remark.

They pick their profession, not because of the money they expect to make, but because of the joy it brings them.

In the words of J. Paul Getty, they've learned to thrive on the pressure.

They don't see what they do as do or die.

They've learned to laugh at themselves and try not to take things too seriously.

What others may consider a problem, they consider a challenge.

Their sense of humor and ability to enjoy their work increases as their abilities increase.

Many times they spend long hours on a task not because they feel a need to work hard, but because they have so much fun at what they do.

When we find joy in doing what we love time flies by in the blink of an eye.

If you're ready to be a high performance thinker, learn to laugh more.

Find work that gives you joy.

stop looking at the task at hand as a struggle. View it as a magnificent game.

To the high performance thinker, there is no line between work and play. His work is his passion.

In the sports world it's called being in the zone. High

performance thinkers perform in the same manner.

* They are acting in the moment.

* They have no doubts.

* Time almost stands still.

* They are focused to the point that outside influences are literally blocked out.

Stop trying so hard and start enjoying the process.

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