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~~Day 1: 45 Day Mind Mastery 101- Fundamental Truths How I Made My Mind My~~
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In Mind Hacking, Hargrave reveals the formula that allowed him to overcome negativity and eliminate mental problems at their core. Through a 21-day, 3-step training program, this book lays out a simple yet comprehensive approach to help you rewire your brain and achieve healthier thought patterns for a better quality of life. It hinges on the ...

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These techniques are good for any goal, not just re-writ. "Mind Hacking" is a way to re-write problem thoughts and succeed at the goals you set. There are three main steps: being aware of what you're thinking, choosing new thoughts to replace the problem thoughts, and actually replacing those thoughts.

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Mind Hacking: How to Change Your Mind for Good in 21 Days This book teaches you how to reprogram your thinking -- like reprogramming a computer -- to give

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you increased mental efficiency and happiness. Have you ever wished you could reprogram your brain, just as a hacker would a computer?

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~~Author John Hargrave~~

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You can focus your mind by getting into superuser mode. You must become conscious of when you are in control of your mind. Mind Hacking has exercises that will help you to get into superuser mode. When you are mind hacking, you are meta-thinking. That is thinking about thinking. This is a skill to develop if you want to hack your mind. The Habit Loop

~~Summary: Mind Hacking by Sir John Hargrave~~

"Mind Hacking" is worthy of a Pulitzer Prize, something I will shout from a soapbox in Times Square. Don't walk. Run to your computer and order this brilliant, well organized treatise on changing one's mind for good.

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