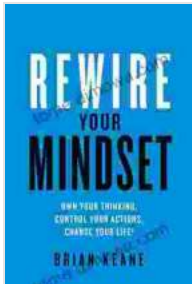


# Own Your Thinking, Control Your Actions, Change Your Life



## Rewire Your Mindset: Own Your Thinking, Control, Your Actions, Change Your Life! by Brian Keane

★★★★☆ 4.7 out of 5

Language : English  
File size : 1040 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 334 pages  
Lending : Enabled



Are you tired of feeling like your thoughts and actions are out of control? Do you find yourself making decisions you later regret or engaging in behaviors that sabotage your goals?

If so, you're not alone. Many people struggle with the same issues. But what if there was a way to break free from this cycle and take control of your life?

In his groundbreaking book, "Own Your Thinking, Control Your Actions, Change Your Life," renowned author and speaker Dr. David Burns provides a step-by-step blueprint for transforming your mindset and mastering your actions. Drawing on decades of research and clinical experience, Dr. Burns reveals:

- The hidden power of your thoughts and how they shape your reality
- The 10 cognitive distortions that can sabotage your happiness and success
- Powerful techniques for challenging and changing negative thoughts
- Proven strategies for building self-esteem and confidence
- The importance of goal-setting and how to create a plan for success

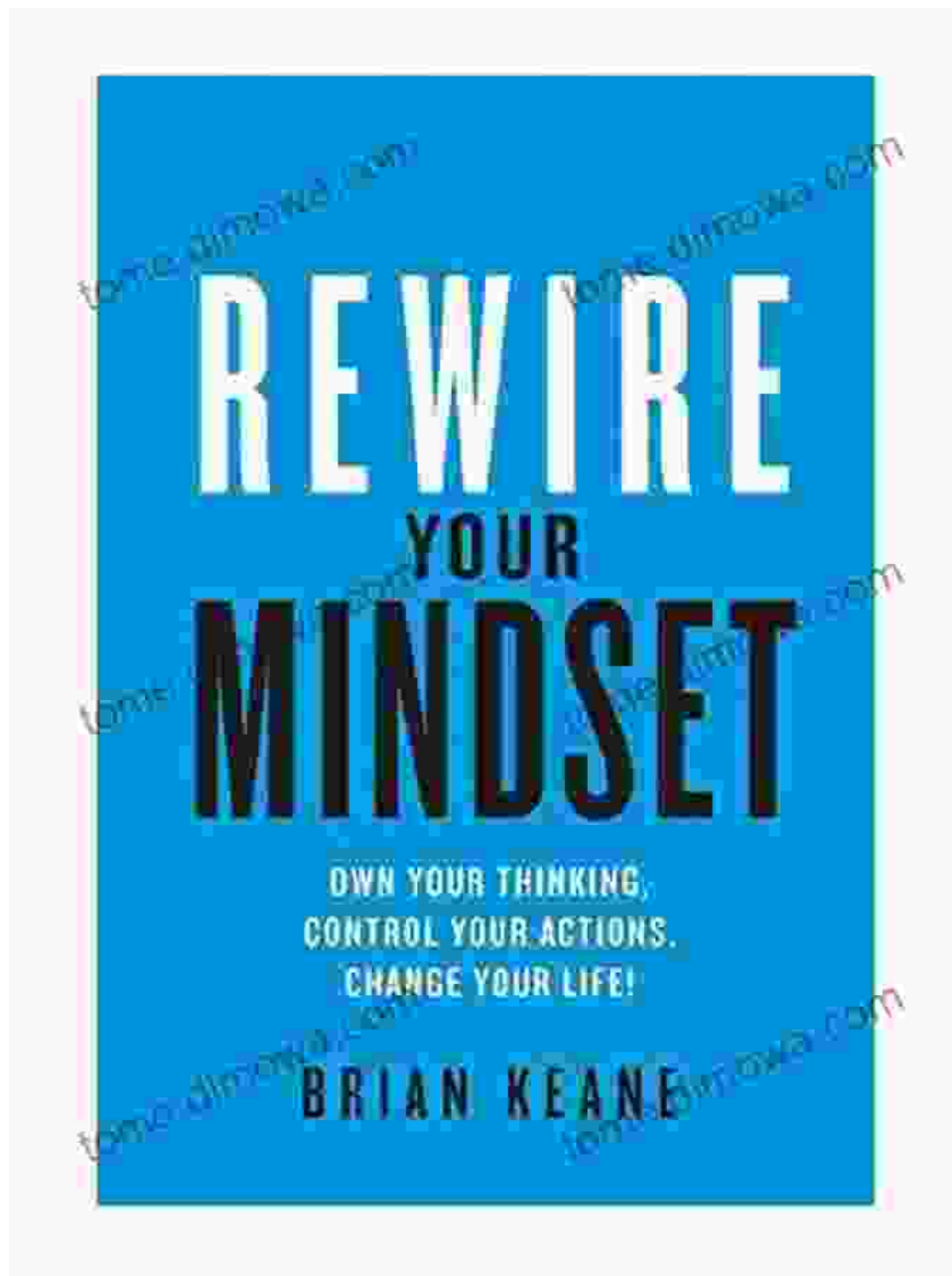
"Own Your Thinking, Control Your Actions, Change Your Life" is not just another self-help book. It's a practical guide that will teach you how to:

- Identify and overcome the negative thoughts that hold you back
- Develop a positive mindset and believe in your abilities
- Set clear goals and create a roadmap to achieve them
- Take control of your actions and make choices that align with your values
- Build resilience and overcome obstacles that arise along the way

With over 2 million copies sold worldwide, "Own Your Thinking, Control Your Actions, Change Your Life" has helped countless individuals transform their lives. It's a book that will empower you to:

- Break free from self-destructive patterns and limiting beliefs
- Unleash your full potential and reach your goals
- Create a life that is filled with purpose, meaning, and fulfillment

If you're ready to take control of your thinking, your actions, and your life, then "Own Your Thinking, Control Your Actions, Change Your Life" is the book for you. Free Download your copy today and start your journey to a more fulfilling and successful future.



**Reviews**

"Dr. Burns' book is a powerful and practical guide to changing your life. It's helped me to overcome negative thinking and develop a more positive mindset. I highly recommend this book to anyone who wants to improve their life." - Oprah Winfrey

"This book is a must-read for anyone who wants to take control of their life. Dr. Burns provides clear and actionable steps for changing your thinking and achieving your goals." - Tony Robbins

"Dr. Burns has written a masterpiece. This book is filled with insights and techniques that can help you to transform your life." - Deepak Chopra

## **About the Author**

Dr. David Burns is a renowned psychiatrist and author who has helped millions of people overcome depression, anxiety, and other mental health challenges. He is the founder of the Feeling Good Institute and the author of numerous bestselling books, including "Feeling Good: The New Mood Therapy" and "When Panic Attacks." Dr. Burns' work has been featured in The New York Times, The Wall Street Journal, and other major publications.

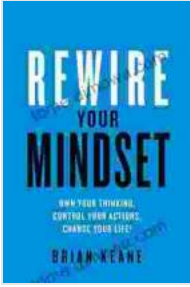
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