



Accelerated-State Conditioning: A 5-Minute Daily Motivational Routine Designed to Elevate Mood and Permanently Change Behavior. (Paperback)

By MR Neal Engelking

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Over the last 35 years retired Realtor Neal Engelking developed for his personal use a fast, easy, yet powerful daily motivational routine to overcome sales-call reluctance and improve his sales skills. He calls the routine Accelerated-State Conditioning: A 5-minute daily motivational routine designed to elevate mood and permanently change behavior. Many of us have an occasional bad day when it's tough to get going. Most of us have a habit we would like to eliminate or a new one we would like to form. Many of us are in a comfort zone but would like to do more. Neal feels he has come up with a fast, fun and easy tool that will enable you to accomplish all of the above! Neal discusses his theory that we have the power to trigger or evoke the brain and body's own natural (endogenous) chemicals underlying positive emotion. He explains why he believes we have the power to tap our internal pharmacy any time we wish! With this revolutionary routine Neal has taught himself how to create a series...



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Reviews

This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).

-- **Claud Schaden**

Without doubt, this is the best operate by any publisher. I was able to comprehend everything out of this written e publication. Its been developed in an remarkably easy way which is only following i finished reading through this ebook by which basically altered me, modify the way i believe.

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