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you on a breathtaking
journey through your
psyche and shows you
the exact things that are
currently causing you
pain and how you can
remove these elements
from your life.

The Mind-Made Prison:
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The Mind-Made Prison is a guide to becoming aware of your beliefs and becoming free from them. It is based on NLP, Cognitive Psychology and mindfulness. A book that will make you aware of how much power our beliefs exert over the quality of our

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changing the world, but
no one thinks of
changing himself" —Leo
Tolstoy". —Mateo

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Self awareness..

Replace the word
[slave] with [inmate,]
and you can see my
point. People want to
change the world,... 2.
Self image.. Self image
begins by believing in
yourself, and believing
you CAN accomplish

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process that takes place
when your mind runs
away with itself; being
aware of warning signs,
such as worry and fear,
will give you more

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entire lives in prison,
not physically but
mentally, a mental
prison of their own
making, the mental
prison that you have
accepted to be confined
in, you hold the keys
within you to escape, a
prison break must take
place, let the one you
want to be break you
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ness Within

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is one that we are all caught in either knowingly or unknowingly and this comprehending guide explains how you can finally escape the iron grip of this prison.

About the Author At just the age of 24, Mateo is a Global Management Engineer, an entrepreneur who has started several

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Mind-Made Prison takes you on a breathtaking journey through your psyche and shows you the exact things that are currently causing you pain and how you can remove these elements from your Page 1/5

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explains how you can finally escape the iron grip of this prison.

About the Author At just the age of 25, Mateo is a Global Management Engineer and a Best Selling Author.

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actually works Is your
mind causing you pain
and suffering? Do you

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feel like it is a constant struggle to work towards your goals? Are there thoughts and patterns holding you back that you just can't seem to identify? Do you avoid going for your dreams because of reasons that you know make no "logical sense"? This book is Designed for anyone who wants to take the

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made in, either
caught in, either
knowingly or
unknowingly, and this
comprehensive guide
explains how you can
finally escape the iron
grip of this prison.

About the Author At
just the age of 25,
Mateo is a Global
Management Engineer
and a Best Selling
Author. His landmark
book, The Mind Made

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Prison, is a 5 star winner and ranks in the top 10 in the self esteem category. His specialities - as seen on TV and heard on Radio - include personal transformation and self esteem. Mateo doesn't just talk the talk. He walks the walk.

Literally. Mateo spent the last 5 years traveling the world in an all-out

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quest to hone his skills.

After ripping knowledge from world masters in self-improvement,

Mateo is now formally studying to get his masters degree in Psychology.

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"A must read for anyone looking to take his performance to the next level, be it in athletics or in life."—Dean Karnazes,

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author of *Ultra*

Marathon Man "If there's anyone out there who has taken extreme

to a new level, it's Joe

De Sena—in adventure racing, in business, and ultimately in the

business of adventure!

Spartan Up! is must-read." —Robyn

Benincasa, world champion adventure racer and New York

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Times best-selling author of *How Winning Overcomes Limiting Beliefs* and *Manifesting Personal Transformation*, Kindle Edition by Mateo Tabatabai

marathoners do when 26.2 miles just isn't enough anymore? They try obstacle racing, combining the endurance challenges of a marathon with the mind- and body-bending rigors of overcoming obstacles along the way. At the heart of this

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phenomenon is Joe De Sena, the driving force behind the Spartan Race. De Sena overcame his own obstacles—working his way from Queens to Wall Street to legendary extreme athlete—by adhering to a simple philosophy: commit to a goal, put in the work, and get it done. From that philosophy, as

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played out now for millions across trails, through mud, and up mountainsides, the Spartan Race was born. Filled with unforgettable stories of Spartan racers as well as hard-won truths learned along the course, Spartan Up! will help you reach your full potential in whatever you set out to do. □Have

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you ever wanted to be more, been stuck in a funk, or simply wanted make life poignant?

Look no further because Spartan Up! is your catalyst. Loaded with real life inspiration and lessons, Joe De Sena uses his supercharged success in life, business, and sports to deliver the nuggets. This is an easy and juicy read; succinct,

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powerful, and relevant.□

□ Ian Adamson, world
champion adventure
racer and author of

Runner's World Guide
to Adventure Racing

The average person has
up to 60,000 thoughts a
day, and 95% of them
are repetitive. If the
majority of those
thoughts revolve around
anxiety, fear, and

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negativity, then you may have become a prisoner in your own mind. The 2019 World Happiness Report revealed that negative emotions are rising across the globe, with worry, sadness and anger up by 27%. It's true that some triggers for unhappiness are beyond our control. But did you know, if you

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feel like nothing is going your way, in all likelihood, the solution lies within your own mind? If you have a negative outlook on life, this is usually the result of a build-up of toxic thoughts brought about by external factors.

However, this is something you have the power to change. Toxic thoughts lock us into

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cycles of negative self-
talk, which can take
their toll on our
relationships, our work,
and even our health. The
key to happiness and
finding success in all
aspects of your life is
learning how to
overcome your toxic
thoughts and turn your
inner voice into a source
of good. In ESCAPE
THE PRISON OF THE

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MIND, you'll learn everything you need to know to break the chains that are holding you back. You'll discover: The science behind the physical effects of negative self-talk (hint: it affects more than just your thoughts!) 3 undetected ways toxic thoughts are destroying your relationships How

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positivity can increase
the opportunities in your
life, even when you
don't realize it yourself
4 ways negative self-
talk is eating your
productivity, and how to
overcome it How to spot
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it's time to take back
control of your own
mind 7 hidden causes of
anxiety--and how to
finally eliminate them

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before they dominate
your life The secret to
developing a growth
mindset that will forever
change the way you
view challenges 6
simple steps to finally
break the negativity
cycle And much more.

If you're fed up with
feeling like the world is
against you, it's time to
change the narrative.

You may have been told

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to 'love yourself' or
'think positive' before,
but these phrases are
meaningless unless you
know how. ESCAPE
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MIND offers you much
more than simple
platitudes: this is a
blueprint for changing
your thinking for good.
You don't need to suffer
any longer--no one
deserves to feel trapped

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in their own mind.

Learn how to harness the power of positive thinking and watch your life change for the better. If you're ready to break free from anxiety and negativity and rid yourself of toxic thoughts, click "Add to Cart" now. You can escape your prison.

The truth is we are all

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just a little bit crazy in
some areas of our life to
a whole lot of crazy.
Being miss-directed is
one of the things
mankind has in common
as the various forms of
insanity work the same
way in every one of us.
We've all been
programmed to
unknowingly believe in
a host of lies and it's our
belief in the need to

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uphold the lies that do us in. There are laws that pertain to the universe. These laws cannot be broken without creating diverse consequences. With every action there is an opposite reaction of effect. And where do the decisions we make come from? They generally come from our minds. The question

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then becomes, "Who's controlling the mind?" If your mind is at work and in agreement with you then you would rightly say you are controlling your mind. But if you occasionally find that your mind is working against you then you should consider you are not solely in control. Jesus referred to Satan as, the

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father of lies. I intend to show how the workings of evil are constructed through the placement of lies and how these lies in combination are at work to disrupt our lives. I will show how the longest and greatest lie is packaged and how the six major steps that makes up a combined package works powerfully against you.

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Then I will show how the effects from the lies get all mixed in with the pain you experience and how the end results can be devastating. This book is about our need for revelation and offers the reader an opportunity to begin a personal journey with life as it truly is. This is a lifelong journey in Spirit and truth and it

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Made with your full
recognition of the need
for having God working
continuously in your
life.

***** \ "Unique
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Treatment Edition
Methodology\ " *****
\ "Revolutionary
Analytical Technique
that can Effectively
Relieve OCD

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Symptoms\ " I am writing this book to help people suffering from OCD. There are many people who lost their hope of recovery, struggling to find the cause of their disorders. I would like to lift their burden. By introducing my analysis to the world, I know that I will be able to help people suffering from OCD. I

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hope that this book sows seeds of hope in the barren minds of OCD patients. I am sure that this will help you to understand the causes of your OCD and the ways to solve it. You will be able to manage some parts of your anxiety. If you repeatedly read this book and fully absorb the method introduced. Just by doing so, you

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will achieve a certain level of symptom alleviation. this book is analytically meaningful, primarily because it provides OCD patients the chances to ease their obsessive symptoms. It is meaningful also because it will be the final destination - the lighthouse of hope - of OCD patients who are living in pain.

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Seminar paper from the
year 2015 in the subject
English Language and
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University of Rostock

(Institut für Anglistik/
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English, abstract: The
theme of racism outside

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how to personally
overcome this racism as
a victim as well as a
perpetrator are major
themes of the anti-racist
movie "American
History X". The life of
incarcerated people and
how it influenced them
is often portrayed in TV
series or films which are
mostly made to entertain
the populace rather than

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to educate or raise awareness about the problems that arise within the displayed topics, and for that stereotypes and juxtapositions are used as well as certain methods and means of film making. This paper looks at exemplary scenes of "American History X" with emphasis on how some

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means of film making
are used to display the
life-changing
experiences that main
protagonist Derek
Vinyard encounters
while being
incarcerated. Today
more than two million
people of the United
States of America are
incarcerated in prisons;
serving a sentence for a
crime they have

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committed. The experience each inmate makes individually can have an immense impact on their behaviour and mind-set in and outside prison walls. Prisons in general function as public institutions which should, at the very best, try to help the inmates to find a lawful, economically stable place in a community

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and in society after their
time spent in prison
(Fleisher and Decker
1-2). Incarcerated
people not only have to
deal with the limitations
of their freedom and
privacy, often they also
encounter racism and
racial segregation by
officers and other
inmates. According to
Philip Goodman, "it is
the interaction between

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the inmate and officer in
which categorization is
born, and that makes
racial categorization and
segregation possible"
(762).

Psychological and
spiritual insights of a
personal journey in
understanding the
workings of our mind.

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Title Take control of
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your anger and improve
your quality of life

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Constant irritability or
flashes of bad temper
can cause difficulties in
relationships with

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friends, family or
colleagues and leave us
feeling unhappy and
exhausted. If you find
yourself struggling to

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control your rage and
often regret
Overcoming
inappropriate reactions,
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this book can really
help. It explains clearly
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offer a positive
approach with long-term
goals in mind, and show
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and successfully handle situations that would tax even the most easy-going person. Contains a complete self-help program and monitoring sheets Based on clinically proven cognitive behavioural therapy From a trusted mental-health practitioner with experience in working with prisoners and those

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exhibiting extreme
behaviours

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Millions of Americans
are embroiled in the
penal system - and tens
of millions more are at
risk of being sent to
prison for crimes large
and small. "Stay Out Of
Prison: A Practical
Guide to Avoiding
Incarceration" is an in-
depth look at criminal

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thinking and criminal behavior, the legal system, how crimes are investigated and prosecuted, and how you can minimize your chances of being imprisoned. An excellent book both for those who may be running the risk of incarceration, as well as those who worry about their family members or

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