

Triggers: A New Approach to Self-Motivation



... one of the most exciting and dramatic breakthroughs in personal improvement techniques--a mind-programming, psychological system for acquiring new capabilities and talents. Here is a collection of powerful self-help methods called Triggers that have been gathered from the worlds leading psychological researchers. Triggers techniques are fast and easy to use... and the results are astonishing. You can safely and effectively change every aspect of your life for the better--develop greater mental and physical abilities . . . banish fears . . . maintain vigorous health. . . and gain new relief from emotional pain. TRIGGERS will help you tap your hidden assets and develop the abilities you need to achieve your most cherished goals. Here are just a few of the ways TRIGGERS: A New Approach to Self Motivation can help you. MOTIVATE YOURSELF TO DO PRACTICALLY ANYTHING WITH TRIGGERS You will learn how to make and use TRIGGERS--a simple, powerful mental reflex. Then, by using your pre-established TRIGGERS, you can convert mere desire into action by tapping into your powerful natural drives. You'll see how an ad executive used TRIGGERS to revitalize a dead-end career ... how a loner used TRIGGERS to become a successful company man... how to make TRIGGERS work for you. ERASE THE FEARS THAT ARE RUNNING YOUR LIFE What if you have ample motivation to do what has to be done to reach your goals but are stopped by fear? You can use TRIGGERS to replace fears with confidence because TRIGGERS don't conquer your unreasonable fears--they erase them. You'll learn how to use TRIGGERS to erase the fear of flying... fear of public speaking... fear of meeting strangers ... fear of authority figures ... erase any phobia that is limiting your success in life. DRAMATICALLY IMPROVE YOUR LEARNING ABILITY

You get seven steps for learning the TRIGGER system you can use to lock information into your memory-forever. You'll learn how to use multi-sensory learning that uses your seeing, hearing, and feeling channels to help you learn. You'll see how a business woman used learning TRIGGERS and saved thousands of dollars a year for her firm. IMPROVE YOUR PHYSICAL PERFORMANCE AND MASTER NEW SKILLS You'll discover nine TRIGGER techniques proven to stimulate peak performance and sharpen physical skills. You can use these techniques to master practically any new behavior you want, including social skills. You'll see how an actor used TRIGGERS to improve his on-stage performance ... how an engineer polished his social skills so he would feel comfortable with top management... how a golfer improved his game by practicing these easy-to-use mental techniques at home. HELP HEAL ILLNESS AND MAINTAIN VIGOROUS HEALTH techniques combined with the improved mental imagery techniques you'll find in this guide can help you heal your body, prevent illness and prolong a healthy life. You'll read how Janice used these methods to combat a raging infection ... how John controlled his irritable colon through mental healing ... how Alice used health promoting imagery to avoid burnout from her high stress job. RID YOURSELF OF A SELF-DEFEATING ATTITUDE Do you defeat yourself with a Ill never do it attitude or with negative ideas that have been implanted in you by others? With TRIGGERS you can sweep these negative messages away and replace them with winning ideas that will help you use your full potential. You'll see how Donna used TRIGGERS to stop dating users who were losers... how Bill used TRIGGERS that enabled him to show love and save his marriage. REPLACE BAD HABITS WITH POSITIVE ACTION Bad habits like jealous rages, overeating, smoking, excessive drinking, anxiety, and anger will melt away when you use TRIGGER techniques to unmask the secret goal of the

habit. These TRIGGER techniques will reprogram your mind to replace bad habits with positive action. Cigarette smoking and overeating become unnecessary ... and its easy to go cold turkey.

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