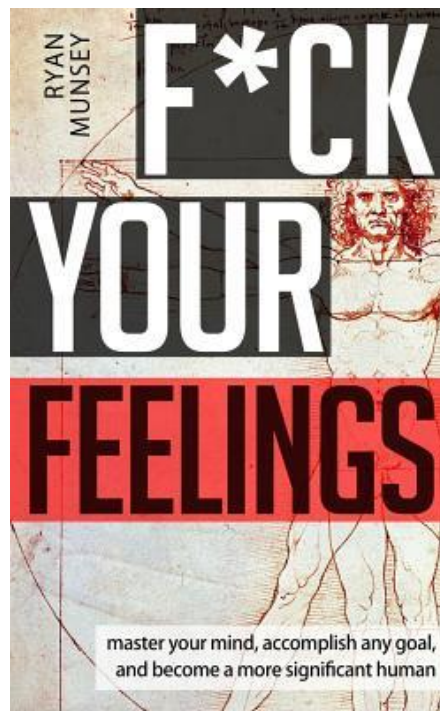




F*ck Your Feelings: Master Your Mind, End Self-Doubt, and Become a More Significant Human

Ryan Munsey

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Do you want to truly be your own master, increase your emotional toughness, control your lizard brain, and get more done during your day? Do you want to turn your dreams into action - *all the time*?

95% of decisions are based on feelings. Not logic. Not rational thought. Feelings. Can you feel the pull of emotions, hunger, guilt, pain, jealousy, depression, and everything else weighing on every decision that you make?

Business owners, entrepreneurs, regular people looking to get in shape, anyone with a goal that isn't terrified of tough love - you need to read ***F*ck Your Feelings*** - as soon as possible! In this book you'll learn how to use personal *mind control techniques* to control the way your brain is wired, constantly accomplish your goals, and feel MORE pleasure during the day.

You cannot control your instincts until you understand how they work - PERIOD.

Learn how to apply the fundamentals of emotional control so that you can uplift yourself ON COMMAND, fight through periods of stress and torment, and give yourself long-term satisfaction and peace.

Packed with advice you can put to use right away, you'll learn how to SPOT and

What pragmatic and actionable tactics will you learn?

The one **four letter word** that practically guarantees you'll fail at whatever you do. The real nature of emotions, and the twenty minute exercise we can take to give ourselves lasting joy throughout the day. Why **eating one marshmallow** at the wrong time can ruin your relationships and cost you thousands of dollars. Why **play, safety, and something called the VAGUS NERVE** is critical for your performance in life. The "everything is everything" moment that will separate you from 92% of people - in the entire world. **Also the following insights:**

How to survive and recover when your brain is HOOKED on dopamine, fear, amusement, and other toxic drugs. **The actual, CONTROLLABLE physical property that decides whether you're a dreamer, or a doer!** How feeling threatened or insecure can actually make you sluggish, lazy, and TRAPPED in failure. How to interact with your phone, tablet and computer without wrecking your back, eyes, and heart. And so much more! Here's what this book **ISN'T** this isn't a get rich quick scheme, a business plan, or some touchy-feely nonsense about touching your inner self. This is about building the most consistent element in any business - YOURSELF.

How will your business improve?

Be more focused throughout the day. Gain the ability to say NO to temptation when it comes. HACK your

brain so that you're always energized and pumped up NEVER be outside your comfort zone or afraid of a challenge. **Implement these techniques and watch your profits skyrocket.**

Learn how to control your own mind and turn your desires into ACTION by scrolling up and clicking the BUY NOW button at the top of this page!

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Matthew Hirschberg says

Great f*cking book on the science of self-help!
