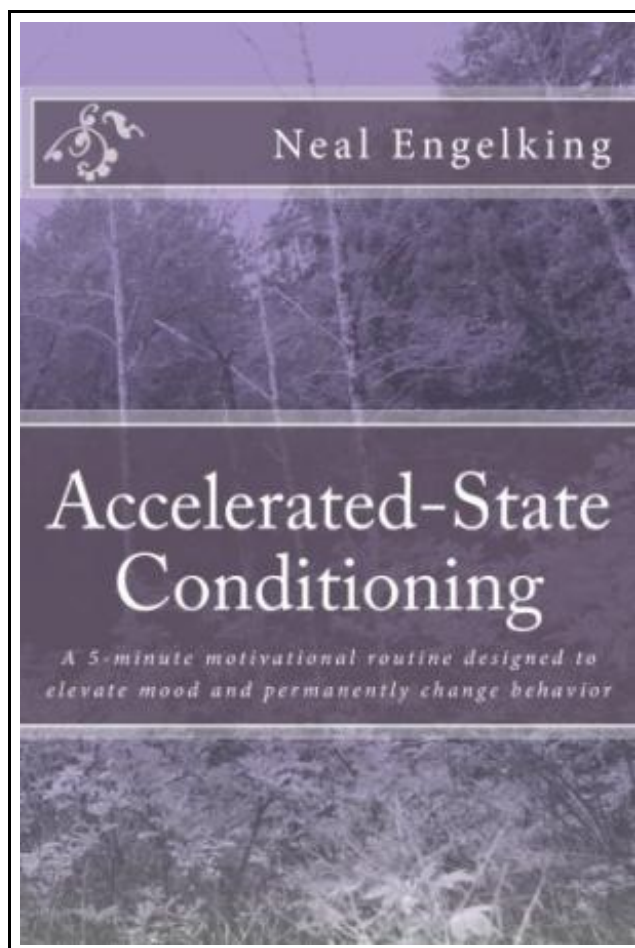


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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Over the last 35 years retired Realtor Neal Engelking developed for his personal use 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 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 of powerful episodes of frisson (chills, thrills, shudders, goosebumps, dopamine/endorphin rushes, etc.) at will and in minutes. And, he has found these multiple frisson episodes can lead to an immediate and dramatic elevation in positive emotion and mood. A natural high or what s commonly called a runners high. A temporary state of euphoria if you will. In addition, Neal will discuss the powerful sub-component of Accelerated-State Conditioning he calls SuprAffs. Learn why he feels not all affirmations are alike for changing habits and why SuprAffs (short for Super Affirmations) with five (5) very specific components is a better, faster way to eliminate...



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