INTRODUCTION

Does your life feel out of control? Trapped in a pattern of behavior and haunted by your own broken promises? Your soul brittle and broken, you feel helpless to escape. Unable to slay the dragon, you fall back into the same self-destructive actions. This pummeling cycle of self-defeat can be broken.

It's time to take your life back, in just three words: change...your...thinking. This book will show you how to get control of your life, as you learn to control your thoughts. Mind Moxie was written to help people who feel powerless, overwhelmed, and defeated.

God loves you and He's thinking about you right now. He's not shocked or disgusted by what you've done. He hates that you've been mistreated, and he wants to restore everything that has been scattered.

If you struggle with negative self defeating thinking you're not alone. This book is based on personal experience, backed by biblical scripture, and supported by published scientific research. In her book, Switch on Your Brain, neuroscientist, Dr. Caroline Leaf, "Thoughts are real things inside your brain and are changing moment by moment as you're thinking. Our thoughts influence every decision, word, action and physical reaction we make." Our thinking has created the life we have, now it's time to create the life we want.

We promise if you follow the seven tactical mind moves you will gain power over your life. You will break the cycle of personal abuse. You don't have to live another day feeling weak and overwhelmed.

Don't be the person who leaves a legacy of faulty thinking for their children. Be the kind of person who breaks the bondage of negative thinking. Be the kind of person who takes control of their life once and for all.

Mind Moxie has been proven to create life change and your change lies ahead in these pages. Each chapter will unfold a new strategy that will rewire and strengthen your thinking. When you take control of your thoughts you will take control of your life. Mind Moxie was written to help you master what's been mastering you.