

# Personality Makeover:

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What you will find inside Personality Makeover: \* How to deal with emotional vampires. \* How to distance wisely from "fair weather friends." \* How to stop underselling yourself. \* One super easy technique to motivate yourself (even a child can do it!) \* How to choose the right personal philosophy in life. \* The amazing concept of reinvention. \* The reason why many people can't see and appreciate their own wonderful qualities. \* The reason why many people keep on relying on others in order to feel better. \* How to gain appreciation of other people's happiness. \* Why people feel insecure about their physical qualities. \* How to get to know yourself better. \* How to discover your passions in life. \* How to address your fears and insecurities. \* The factor that shapes your character and transforms you into a better person. \* The obstacles that hold people back from achieving their goals, and how to overcome them. \* Understand the world's unhappiest people. \* An important aspect that makes people successful in the things that they do. \* How to eliminate anger and other negative emotions from your heart. \* How to protect yourself from hurtful situations. \* The two kinds of criticisms, and the effects of each. \* What to do when people criticize you. \* What keeps you from loving yourself. \* How to deal with difficult families. \* How to "edit" your friends with the amazing Editing Technique. \* Outside factors that contribute to a person's lack of self-esteem and perpetuation of bad habits. \* The proper method to set goals. \* The effective way to visualize. \* Ingenious ways to take a break from the negativities surrounding you. \* How to shift your internal programming to get what you want. \* How to achieve a winning physical makeover. \* One of the best ways to dislodge bad habits. \* How to exude confidence in your capabilities and communicate eagerness to achieve your purpose in life. \* How to improve your social and communication skills. \* Essential rules to follow during "small talk." \* How to improve your people skills. \* How to reinforce your personality makeover. \* Great venues for working on your people skills. \* How to become your own best friend. \* An effective strategy to offset your irritation against other people. \* How to scare off ghosts from your past. \* How to overcome analysis paralysis. \* How to protect yourself from negative people. \* The big difference in the vocabulary of negative vs. positive people. \* Negative words that must be deleted in your daily vocabulary. \* Creative ways to transform negative words to positive ones. \* How to

use the awesome power of the balanced statement technique. \* Techniques to counteract negative thoughts. \* How to eliminate "emotional clutter" and "excess baggage" in your life. \* A technique used by supermodels to have "regal" posture. \* Simple instant mood-booster. \* One thing that you can do to erase sluggishness and boredom. \* Tips on having a winning look. \* Realistic ways of looking at your body. \* Economical tips about updating your wardrobe. \* How to be a celebrity in your own right. \* And a lot, lot more! Tags: emotion, self-help, purpose, philosophy

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