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How to Feel Great About Yourself

By Steve Wharton

W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, How to Feel Great About Yourself, Steve Wharton, Throughout life we are managed by our subconscious, using programmes laid down in childhood. These programmes create comfort zones - not all of them good. For example, if you were indulged with sugar as a child, then that's what's going to make your subconscious comfortable today. And subconsciously you will be continuously urged to maintain these bad levels of sugar. "HVT" reprogrammes your bad comfort zones automatically. Once reprogrammed, it gives you the confidence to confront your demons and regain control of your life. "HVT" will change the things you don't like about almost anything. This revolutionary method takes positive thinking to a whole new level and has already proved it has the power to change people's lives.



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