

Rewrite Your Life!: Scripts for Success, Eve Ash, Rob Gerrand, 0143001353,
9780143001355, 297 pages, 2003

We all follow 'scripts', our internal voices, which represent our entrenched attitudes and beliefs. They dictate how we make decisions and tell us how to act. Often they are so embedded in our psyche that we're barely aware of what they are but yet they are so powerful that they can be the key to our success or failure. In Rewrite Your Life! Eve Ash and Rob Gerrand help you to understand your negative scripts and explain how you can turn them into scripts for success. You can use this process to prepare for public speaking, tackle exams, improve your health, resolve your relationship issues and cope with the everyday stresses that life brings. This book is a must-buy for anyone who has ever started a sentence with 'I can't' or 'If only . . .'

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