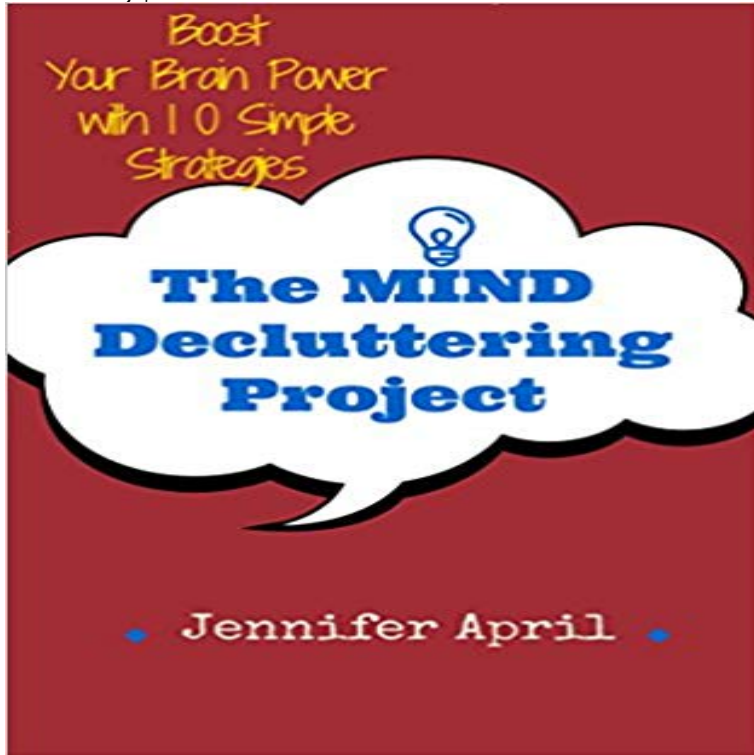


The Mind Decluttering Project: Boost Your Brain Power with 10 Simple Strategies



Think about it: the power to change your world rests within yourself - within your mind! The key to a less hectic, less stressful life is in organizing your mind. Your mind reflects your reality. Improve the state of your mind will change your reality, and enhance the quality of your life. A focused, positive, happy and inspired mind is probably the most powerful thing to help you achieve success in your life. That is the ultimate goal of the mind decluttering project. This book is packed with useful information to help declutter your mind. You can boost your brain power with 10 simple but highly practical strategies. You will learn: 1. How to Prevent Stress from Harming You 2. How to Stop Distraction in an Instant 3. How to Turn Anxiety to Your Advantage 4. Harness the Magical Power of Visualization 5. Let Your Unconscious Mind Help You 6. Do This 5 Minutes a Day to Transform Your Life 7. Give Your To-do List a Makeover 8. Clear Your Mind by Cleaning Up Your Desk 9. Be a Good Napper 10. Fuel Your Brain with Power-boosting Food If you want to regain calmness, clarity and efficiency, you've come to the right place!

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