



Psychological Power: Power to Control Minds

[psychological influence, emotional intelligence, social influence, social persuasion]

Rick Markley

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Psychological Power

Power to Control Minds

Happiness and contentment are basic goals of a person; a life that's free from worries. However, stressors and worry-triggers cannot be avoided leading people to give up on life or view their life as worthless. Living in the present, however, can help you live for today. Remember, even if you worry about tomorrow, you will never know what will actually happen. Live your life one day at a time. This is possible if you practice mindfulness. Mindfulness not only gives you peace of mind and relieves stress; it also keeps you out of trouble. So, follow the mindfulness tips and techniques by heart, achieve mindfulness and learn to appreciate life at present.

Being in control of a mind, even for a brief period in the grand scheme of things, can help you diffuse tension - often for the other party, as well as yourself. It can also help you come across as more confident, outgoing and as someone who's interested in many things, and in other people. So assess, fine-tune, improve and move toward mastery of controlling minds. It can enhance virtually every area of your life. It can give you better physical health, mental clarity, emotional stability, spiritual peace, and even increased financial gain. It all depends on the situation, the conversation, and how you maneuver it to achieve your goals. You're in the driver's seat - so talk with confidence, consideration and the continued willingness to improve this skill - and you'll wind up on the road to success - every time!

Here is a preview of what you will learn...

- How to be in Control when you are Talking to Someone
- Common Mistakes to Avoid
- The Importance of Self-Control
- How to Prepare
- Getting Real with Yourself
- How to Control Difficult People
- How to Control Annoying People
- How to Control a Bully
- How to Control a Victim Personality
- How to Control your Boss
- How to Control a Difficult Customer
- How to Control Yourself
- Body Language Tips
- Dealing with Naysayers
- The Importance of Mindfulness

>>>And much, much more

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