



Says Who?: How One Simple Question Can Change the Way You Think Forever

Ora Nadrich

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If there is an overriding philosophy that Ora Nadrich ascribes to, it is this: you can help yourself solve your own problems, you can do it daily, and the process doesn't need to be complex. Flying in the face of the often oblique language of the self help movement, Ora, a certified life coach with a thriving practice in Los Angeles, prides herself on not only having devised a method of self discovery and mindful practice that is simple, direct and applicable to everyone, but is also easy to understand and put to use. And, like brushing your teeth, can be done daily and take about as much time. Simplicity is her mantra.

That philosophy forms the basis of, "Says Who? How One Simple Question Can Change the Way You Think Forever," in which Ora vividly illustrates and breaks down her simple yet highly effective method, based on the principle that while we all face obstacles and negative thoughts in our lives, it is not enough to simply examine and be aware of them---we must question and challenge them in order to bring about true change.

Many of the obstacles people face,are the result of their own negative thoughts holding them back. And often those thoughts don't even originate within them; they're the ideas or opinions of someone else---a critical parent or angry spouse, for instance---which they believe without questioning to see if they're even real or true. Since thoughts create beliefs---which then create behavior---negative thoughts are dangerous things to leave unchecked. You must question them, challenge them. Says Who?" shows us how.

More than simple "think positive" slogans and inspirational platitudes, this is not just a motivational book; instead "Says Who?" provides practical, tangible steps to tackling a condition that affects us all: negative thoughts.

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William Ullrich:

A lot of people always spent their own free time to vacation or go to the outside with them family members or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that's look different you can read the book. It is really fun for you personally. If you enjoy the book that you just read you can spent all day long to reading a e-book. The book Says Who?: How One Simple Question Can Change the Way You Think Forever it is very good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In case you did not have enough space bringing this book you can buy often the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to cover but this book possesses high quality.

Robert Nichols:

Playing with family in a very park, coming to see the coastal world or hanging out with close friends is thing that usually you will have done when you have spare time, and then why you don't try issue that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Says Who?: How One Simple Question Can Change the Way You Think Forever, it is possible to enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't obtain it, oh come on its referred to as reading friends.

Joel Wall:

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