



Overcoming Limiting Beliefs: The Guide to Overcome the Mental Sabotage Fast and Forever

Benny Zhang

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Each person must have a desire to achieve great things in their lives. Everyone will want to be successful in terms of wealth, career, health, or relationships. Everyone will want their dreams come true. But unfortunately, not everyone can achieve what they want.

In our mind there is a 'great power' that can drive our lives and give a tremendous impact. This 'great power' is called belief system that is formed in one person's mind whether consciously or unconsciously. It determined our attitudes, actions, habits, behaviors, and results of our achievements.

One of the biggest obstacles why people can't achieve success is limiting belief. Limiting belief will ultimately make one person's potential for success to be blocked, hampered, and inhibited by doing a self-sabotage.

In this book, you will learn:

- What is a limiting belief?
- How to overcome limiting belief.
- An effective way to overcome self-sabotage.
- How to establish an empowering belief.
- And much more.



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