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# John Assaraf The Answer

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The Breakthrough Factor  
How to Get What You Want in Half the Time  
The Book of Affirmations®  
The Answer  
12 Power Principles for Success  
Aspire!  
Built to Serve  
The End of Stress  
Find What's Missing to Make Your Life Incredibly Good  
12 Qualities of High Achievers to Reboot Your Career and Life  
Your Guide to Achieving Financial Freedom and Living an Extraordinary Life  
Making Your Attitude Your Greatest Asset  
The Street Kid's Guide to Having It All  
The Secret  
The Answer  
The Complete Vision Board Kit  
Success Habits of Super Achievers  
The Vision Board Book  
The Difference Maker  
Cracking the Millionaire Code  
The Four-Step Solution to Unlocking Your Natural State of Happiness  
Living an Extraordinary Life  
Code to Joy  
Having It All  
Secrets of the Miracle Inside  
Slow  
The Magic Question  
The New Science to Unlock Your Brain's Hidden Power  
Grow Any Business, Achieve Financial Freedom, and Live an Extraordinary Life  
How Enlightenment Changes Your Brain  
Acres of Diamonds  
The Science of Changing Your Mind  
Leadership Lessons from 12 Pioneers Who Beat the Odds & Influenced Millions  
Steps To Knowledge: The Book of Inner Knowing  
Grow Any Business, Achieve Financial Freedom, and Live an Extraordinary Life  
Simple Living for a Frantic World  
How to Create Your Own Reality and Alter Your DNA  
Success in 50 Steps  
The Answer

John Assaraf  
The Answer

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**FULLER LEWIS**

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**The Breakthrough**

**Factor** Simon and  
Schuster  
Create a roadmap to

success on your own terms with this accessible and up-to-date guidebook on vision boards from the internationally bestselling author and contributor to *The Secret*. Are you ready to see your dreams become reality? After the success of his *The Complete Vision Board Kit*, John Assaraf returns with this newly updated standalone handbook on how to kickstart your perfect vision of health, wealth, and abundance. With clear and engaging language, *The Vision Board Book* takes you through a step-by-step process of manifesting all that you desire through the use of vision boards. Read and be inspired by the amazing accounts from people who have mastered the use of these simple tools for decades. You'll discover how you, too, can align your desires with the images you choose to show yourself every day, and make any dream into a tangible reality.

*How to Get What You Want in Half the Time*  
Atria Books

"Alleviating stress leads to success. Stress debilitates and even damages the brain, inhibiting you from living your fullest, most successful life. Every level of life, from career to

family to your golf score, is all about higher brain networks functioning at optimum. In *The End of Stress*, Don Joseph Goewey brings a simple, straightforward solution that literally switches the brain's auto-pilot from habitual stress and anxiety, to one that's calm and wired for success. By utilizing the latest research in neuroscience and neuroplasticity, Goewey offers a 4-step process that has been tested through webinars and seminars in high stress environments with chief executives, managers, engineers, and even blue collar construction workers. *The End of Stress* gives you easy to apply tools to transcend stress and build the brain structure and chemistry to bring you your best day every day"--

**The Book of Afformations®**

Waterside Productions  
A vision board is a powerful tool that anyone can use to shape an ideal future through the power of intention and visualization. Learning how to vividly imagine your desired results-- attracting your perfect soul mate, radiant health, abundant career opportunities, or building

personal and community relationships to give back-- is the first step on the path to making them happen. Break through unconscious, limiting beliefs and get ready to transform your future now. If you can envision it, you're halfway there! This book will explain and walk you through exactly how to create a vision board in conjunction with how to retrain your brain to actually start believing that you can achieve all your goals and dreams. Then, the universe will work its magic! This is a great personal gift and one your friends and family will love.

*The Answer Penguin*  
*Steps to Knowledge: The Book of Inner Knowing*  
*Steps to Knowledge* is the *Book of Inner Knowing*. Its one-year study plan, which is divided into 365 "steps," or lessons, is designed to enable students to learn to experience and to apply their Self-Knowledge, or Spiritual Power, in the world. *Steps to Knowledge* sets out to accomplish this task in a step-by-step manner as students are introduced to the essential ideas and practices which make such an undertaking possible. Practicing every day provides a solid

foundation of experience and develops the thinking, perception and self-motivation necessary for both worldly success and spiritual advancement. Steps to Knowledge describes Knowledge in the following way: "Knowledge represents your True Self, your True Mind and your True Relationships in the universe. It also possesses your greater calling in the world and a perfect utilization of your nature, all of your inherent abilities and skills, even your limitations, all to be given for good in the world." (Step 2) Knowledge is the deeper spiritual mind that the Creator has given to each person. It is the source of all meaningful action, contribution and relationships. It is our natural Inner Guidance system. Its reality is mysterious, but its Presence can be directly experienced. Knowledge is remarkably wise and effective in guiding each person in finding his or her right relationships, work and contribution. It is equally effective in preparing one to recognize the many pitfalls and deceptions that exist along the way. It is the basis for seeing, knowing, and acting with

certainty and strength. It is the foundation of life. Steps to Knowledge has been provided as a Way for individuals who feel that a spiritual calling and purpose are emerging in their lives, but who need a new approach to fully comprehend what this means. Often these individuals have felt this pull for a long time. Steps provides a foundation upon which they can begin to respond to this calling. The only entrance requirement is the determination to know one's purpose, meaning and direction.

*12 Power Principles for Success* Simon and Schuster

This book will assist you to release the past and build the skills, habits, and mindset required to break through barriers and transform your life. Jeffery Combs shares powerful insights gleaned from his alcohol and drug addiction recovery, his failures and successes in entrepreneurship, and his success and addiction coaching. If you find yourself at a place in life where you are committed to achieving peace and prosperity, Jeffery will walk you through the process of understanding why you do what you do, uncover past events that

created your conditioned behavior, and show you how to let go so you can become the person you deserve to be. By the end of this book, you will know how to make breakthroughs a way of life.

*Aspire!* Random House Australia

Lack of knowledge or skill is not what really holds you back. It is your mindset, emotional blocks, and deeply ingrained habits that you must release to clear the path to your greatest victories and successes. *Unlock Your Hidden Brain Power* is a comprehensive guide to science-based mental and emotional techniques to strengthen your mindset and unleash the hidden power of your brain. Learn to change your habitual patterns, and eliminate disempowering emotions like fear of failure or success, embarrassment or being judged, disappointment, low self-worth and self-esteem, negativity and pessimism, and lack of confidence. Cutting-edge technology and the science of neuroplasticity have finally unlocked the door to breaking free from these patterns. This book will empower you to recognize and release

whatever is holding you back from your fullest potential and the grandest vision for your life. DISCOVER HOW TO: • Recognize and release mental/emotional obstacles • Increase your self-confidence and self-worth • Turn any fear into fuel for success • Train your brain to focus on how to achieve your goals versus why you can't • Enjoy life with greater significance, purpose, and meaning JOHN ASSARAF is one of the leading mindset and behavioral experts in the world. The founder and CEO of NeuroGym, a company dedicated to using the most advanced technologies and evidence-based brain training methods, he has built five multimillion-dollar companies, written two New York Times bestselling books and has been featured in eight movies, including the blockbuster hit *The Secret*.

Built to Serve Gildan Media LLC aka G&D Media How to discover what you want from life then make it happen. How to discover what you want from life then make it happen This groundbreaking, category-killer from internationally acclaimed authors Allan

and Barbara Pease will show you that changing your life starts with asking the right questions. The Answer: - Helps you take the first step towards change and decide what you want - Gives you the confidence to change your job, relationship or lifestyle - Discusses new scientific research into the brain's ability to drive success - Allan and Barbara also share their personal stories of overcoming the odds When disaster struck inspirational gurus Allan and Barbara Pease's lives, they turned to science to learn how to turn failure into ultimate success. They discovered new studies of the brain that show how you can reprogram your mindset, enabling you to see opportunities, not difficulties. In *The Answer* the Peases share their experiences with honesty and humour and show you how to make your life what you want it to be. So if you want to improve your life but need help to make the first step to change *The Answer* will show you how to: - Ask the right questions of yourself - Gain confidence to change a job, relationship or lifestyle - Decide what you want and establish a true course in

life In *The Answer* you will discover that changing your life starts with asking the right questions.

**The End of Stress** The AnswerGrow Any Business, Achieve Financial Freedom, and Live an Extraordinary Life What beautiful desires do you have in your heart? What is your vision for your life? While some people may have given up on their dreams and settled for a monotonous life of work and little play, there are others who still have a voice whispering that they can be, do, and have more. As Les Brown says, "Don't let your goals, gifts, abilities, dreams, and talents die with you. You have greatness within you! It is a choice you must make." How can you turn your dreams into goals and take practical steps toward a successful, happy, and fulfilling life? This extraordinary book is a collection of impactful life-changing stories that can inspire, motivate and help you to achieve ANY goal. Discover strategies for creating joy in your own life and step into your vision! Step into your Vision 2.0 is like *Chicken Soup for the Soul* meets *The 7 Habits of Highly Effective People!* Find What's Missing to

### Make Your Life Incredibly Good Simon and Schuster

In this long-awaited first book, founder of Lifespring, ARC International and Extraordinary People Robert White looks at why some people live fulfilled, successful lives; while for others, contentment and real success always seem to be just out of reach. How is it that some people know what they want and go for it, while others flounder and struggle and never seem to discover their real goals and purpose in life? Why are some people able to live extraordinary and joyful lives while, for others, life seems repetitive, flat, a giant yawn, an exercise in high drama or run by fear? Robert White does not pretend to have all the answers. However, after over thirty years founding and leading companies that have graduated over one million participants from high-impact personal and organizational effectiveness seminars, he's in a good position to help you explore what works - and doesn't work - in your life.

### **12 Qualities of High Achievers to Reboot Your Career and Life**

Sourcebooks, Inc.  
The Awakening Moment is

a book that will awaken you to the life you were born to live. This book and journal is for all who are striving to live their purpose filled life.

Through these pages you will heal, overcome and experience a breakthrough on a new level to experience something that you have been waiting for, happiness. When you awaken not only will happiness follow you; a new person and new possibilities will emerge. Possibilities that your visions manifest, advance your career, own a business, travel, build healthy relationship and mostly importantly live authentic and walk in confidence. Once you awaken you are not merely alive, but are awakened to a life that you were never aware existed in the past. At the end of chapters you will find Self-Reflection Questions and Answers for you to complete. These will help you evaluate your thoughts and actions to determine areas of growth. Take the time to answer these questions thoughtfully. Be truthful and honest with yourself. It is time to awaken to the life you were born to live and live your truth. The world is

waiting on you. Share your story and demonstrate the glory of God in your life to help others to overcome trials and tribulations.

*Your Guide to Achieving Financial Freedom and Living an Extraordinary Life* Simon and Schuster  
Why do we keep getting the same jobs, taking on the same relationships, and finding ourselves in the same emotional traps? Dr. Joe Dispenza not only teaches why people tend to repeat the same negative behaviors, he shows how readers can release themselves from these patterns of disappointment. With the dynamic combination of science and accessible how-to, Dispenza teaches how to use the most important tool in ones body and life—the brain. Featured in the underground smash hit of 2004, "What the Bleep Do We Know!?", Dispenza touched upon the brain's ability to become addicted to negative emotions. Now, in his empowering book *Evolve Your Brain* he explains how new thinking and new beliefs can literally rewire one's brain to change behavior, emotional reactions, and habit forming patterns. Most people are unaware

of how addicted they are to their emotions, and how the brain perpetuates those addictions automatically. In short, we become slaves to our emotional addictions without even realizing it. By observing our patterns of thought, and learning how to 're-wire the brain' with new thought patterns, we can break the cycles that keep us trapped and open ourselves to new possibilities for growth, happiness and emotional satisfaction. Key Features A radical approach to changing addictive patterns and bad habits. Based on more than twenty years of research. Bridges the gap between science, spirituality and self-help—a formula that has proven success. Easy to understand and written for the average reader.

[Making Your Attitude Your Greatest Asset](#) Advantage Media Group

A key team member behind *The Secret* and his business partner offer the specific tools and mental strategies to help readers leap ahead in any career or business venture and achieve major financial success. In this visionary work, New York Times bestselling author John Assaraf and business guru Murray Smith reinvent the

business book for the twenty-first century. Two of the most successful entrepreneurs in the world, they combine forces to bring their special insights and techniques together in a revolutionary guide for success in the modern business environment. Assaraf and Smith know how to minimize risk and maximize success, and *The Answer* provides a framework for sharing their wisdom, experience, and skills with the millions of people who want to accomplish their own dreams in life. Using cutting-edge research into brain science and quantum physics, they show how readers can actually rewire their brains for success and create the kind of extraordinary lives they want. By teaching readers how to attract and use newly discovered "uncommon" senses to achieve business success, the authors demonstrate the beliefs, habits, thoughts, and actions that they have used to build eighteen multimillion-dollar companies. Any reader who follows this step-by-step process to build his or her career will experience an enormous life transformation and reach an exceptional level

of living.

[The Street Kid's Guide to Having It All](#) Gildan Media LLC aka G&D Media

At any one time, hundreds of thousands of people feel stuck professionally and don't know what to do to get out of their rut. In today's complex business world, the brutal reality is that there are no guarantees for success. Surprisingly, many of us are unconsciously conditioned to fail although, ironically, it's not all that difficult to dramatically reverse the odds. John Assaraf has developed a unique and amazing formula that will help people overcome obstacles, transform their careers and businesses and start making the kind of money needed to live an extraordinary life. In his latest book, *The Answer*, Assaraf draws on new findings in neuroscience, understanding why we do what we do and, more importantly, why we don't do what we know we should be doing. His methods will help individuals 'rewire' their brains for success so they can emerge as winners no matter what they currently know or understand. It will also teach them how to attract and use newly discovered

'uncommon' sense to achieve business success. The Secret Hay House, Inc With their national bestseller The Go-Giver, Bob Burg and John David Mann took the business world by storm, showing that giving is the most fulfilling and effective path to success. That simple, profound story has inspired hundreds of thousands of readers around the world-but some have wondered how its lessons stand up to the tough challenges of everyday real-world business. Now Burg and Mann answer that question in Go-Givers Sell More, a practical guide that makes giving the cornerstone of a powerful and effective approach to selling. Most of us think of sales as convincing potential customers to do something they don't really want to. This mentality sets up an adversarial relationship and makes the sales process much harder than it has to be. As Burg and Mann demonstrate, it's far more productive (and satisfying) when salespeople think like Go-Givers. Cultivate a trusting relationship and focus exclusively on creating value for the other person, say the authors, and great results

will follow automatically. Drawing on a wide range of examples of real-life salespeople who have prospered by giving more, Burg and Mann offer tips and strategies that anyone in sales can start applying right away. *The Answer* Gibbs Smith Most people wake up and drive to a job that they hate. Think about your five closest friends. Are they happy? Do they live their lives with purpose? Do you? We put on a fake front for what we want people to see and think about us, but the reality is most people aren't happy. We're lost. We settle. We aren't happy with where we are. You can't be happy if you don't know your purpose. It's not possible. You want more but you don't even know where to start. You know there is more out there. You see others having success and you want it, too; there is nothing wrong with that. You just need help finding your purpose so you can find the success you see all around you. You can be productive, crush your goals, pretend that all the things that you've acquired actually mean something...but at the end of the day, if you don't know your purpose, you'll always feel like

there's something missing. You'll know that you're capable of more and that you're not living the life you should be. You might be fooling the world, but you're not fooling the person looking back at you in the mirror. You need to find your actual power source. Your purpose is your source of power. Once you find your purpose it'll fuel you for life. You'll do things that you never thought you were capable of. Achieving your purpose will force you to morph into a stronger version of yourself. You'll have to push through fears, insecurities, and doubts that held you back. But somehow it'll all feel possible and necessary because you're purpose-driven now...and that's the only thing you'll ever need.

**The Complete Vision Board Kit** Miracle Writers Llc Publishing Company Outlines strategies for minimizing risks and maximizing success in today's business environments, drawing on scientific principles to outline a step-by-step process for "rewiring" one's brain in order to enable an extraordinary life.

**Success Habits of Super Achievers** Jaico

Publishing House  
Combining six decades of clinical experience with cutting-edge research, two acclaimed leaders in the field of psychology have developed a revolutionary approach to happiness—one that's accessible and practical enough to apply at home, yet powerful enough to create a profoundly positive transformation in our lives. Doctors George Pratt and Peter Lambrou have been delivering successful results to professional athletes, top executives, celebrities, and nearly 45,000 other patients with their four-step process. Now, their revolutionary solution will help readers identify and diffuse the negative "blocking beliefs" that are standing between them and the happiness they want to achieve.  
[The Vision Board Book](#)  
Savio Republic

The AnswerGrow Any Business, Achieve Financial Freedom, and Live an Extraordinary Life  
Simon and Schuster  
*The Difference Maker*  
CreateSpace  
Provides a step-by-step system to achieve success in every aspect of life.  
*Cracking the Millionaire Code*  
Xlibris Corporation  
In this original and groundbreaking book, Dr Andrew Newberg and Mark Robert Waldman turn their attention to the pinnacle of the human experience: enlightenment. Through his brain-scan studies on Brazilian psychic mediums, Sufi mystics, Buddhist meditators, Franciscan nuns, Pentecostals, and participants in secular spirituality rituals, Newberg has found the specific neurological

mechanisms responsible for an enlightenment experience - and how we can activate those circuits in our own brains. In his survey of more than one thousand people who have experienced enlightenment, Newberg has also discovered that in the aftermath they have had profound, positive life changes. Enlightenment offers us the possibility to become permanently less stress-prone, to break bad habits, to improve our collaboration and creativity skills, and to lead happier, more satisfying lives. Relaying the story of his own transformational experience as well as including the stories of others who try to describe an event that is truly indescribable, Newberg brings us a new paradigm for deep and lasting change.

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