



Ignite Your Mind: A Proven Training Guide for Elite Mental Performance, Cultivating Monk-Like Self Control, and Rising to Your Full Potential

Allan Acklin

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Have you ever heard that getting your “inner game” or “mindset” right is the surefire path to success... but you struggle to find practical ways to actually do it? This book shows you how. There are many different approaches and strategies for building habits, setting goals, and staying on point out there. A lot of books focus on theory, then gloss over how to actually put this theory to work! This book does the opposite. In Ignite Your Mind I lightly touch on the conceptual aspect of getting the best out of yourself, then dive in with specific and powerful action steps backed by the latest research in order to get you firing on all cylinders within a few days. Here’s a sample of what you will know after reading this book: -The mental capacity you have is not set in stone-you can train it like a muscle, and inside I show you how. -How to bring subconscious bad habits to light and then program good habits that actually stick -How to set goals that come pre-packaged with excess motivation, so that you can’t help but to succeed -Two proven techniques to raise your ability to focus to a whole new level -How to gain momentum and create an unstoppable upward spiral in your life If you are ready to get your mind on your side and become the person you’ve always wanted to be, download the book and dig in! I have also included a free gift inside for kindle purchasers- my best tip on how to effortlessly control your impulses and stay on task!

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