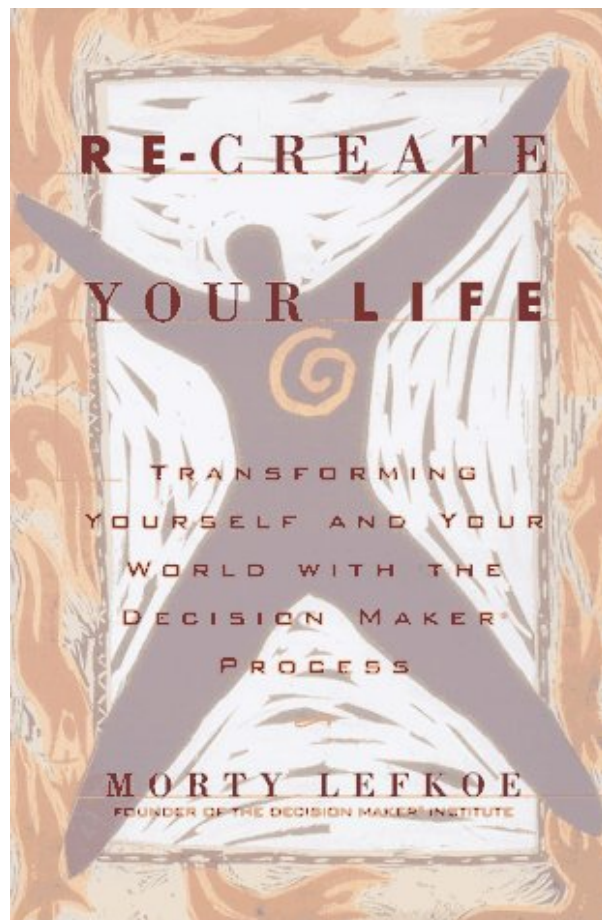
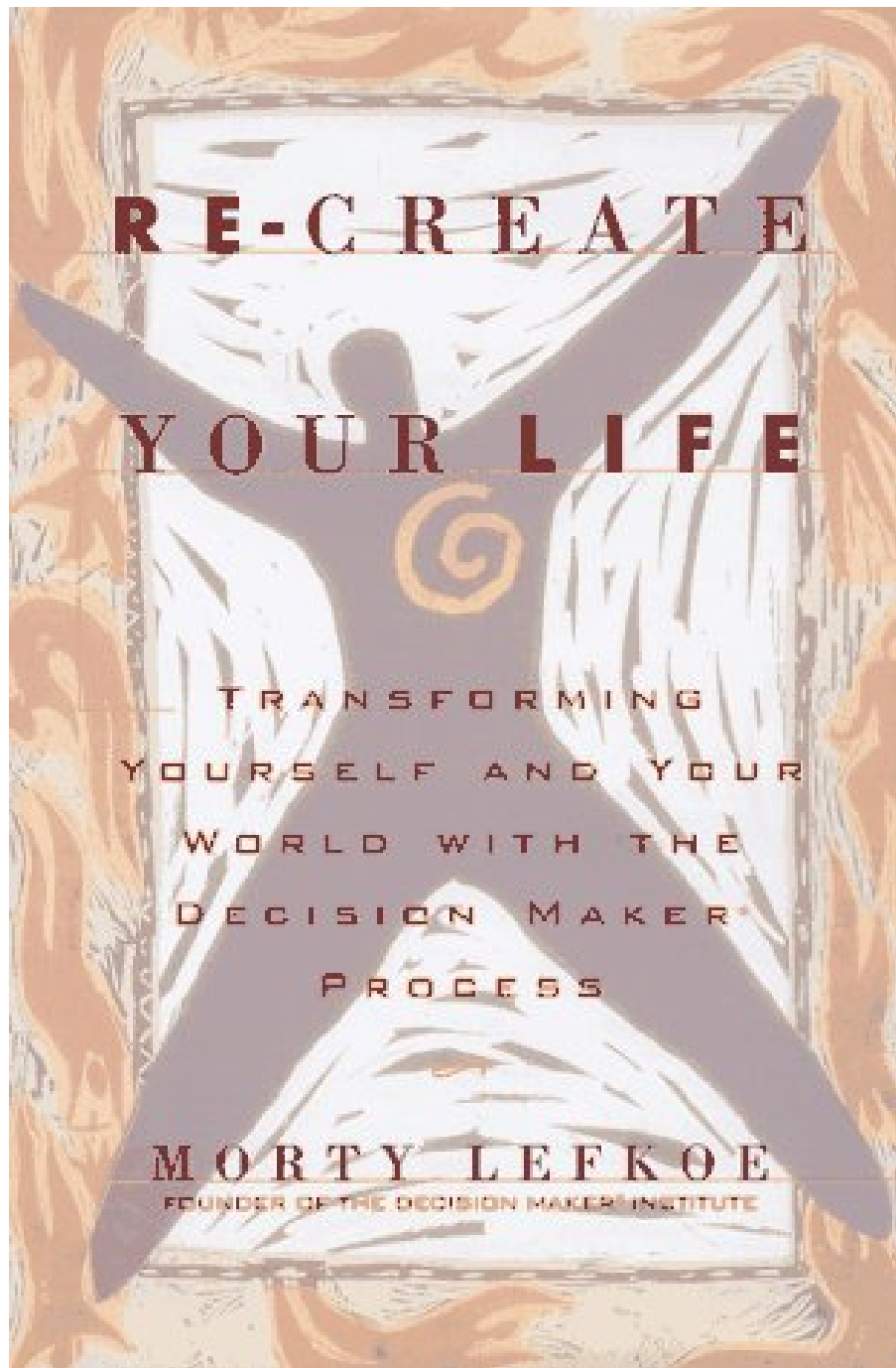


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About the Author

Morty Lefkoe president of Decision Maker Institute, has appeared on one hundred radio and TV shows, including Today. He has written more than one hundred articles for such publications as Fortune, the Wall Street Journal, and the New York Times.

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Features

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About the Author

Morty Lefkoe president of Decision Maker Institute, has appeared on one hundred radio and TV shows, including Today. He has written more than one hundred articles for such publications as Fortune, the Wall Street Journal, and the New York Times.

Most helpful customer reviews

41 of 44 people found the following review helpful.

Exelent method, outdated book

By Uldis Ulmanis

I got acquainted with Morty Lefkoe method not form this book, but using free video samples from Mortys site.

Method is strikingly simple and shockingly effective in eliminating limiting believes. These believes sit in subconscious and prevent you from doing things or just make you feel awful about yourself and life.

E.g. if you have belief "I'm not important" then you can find it difficult to ask your boss for a salary raise or you just feel bad if someone yells at you.

Worst thing about these believes is that you can't see logical explanation why you can't do certain things or why you feel bad in certain situations, because you don't see them consciously, you just feel that something is wrong with you or with world.

So I tried Morty's method and first time in my life I see that I can make my life better without eternal struggle.

Morty's interactive video's are rather expensive and covers only core believes, so I decided to by his book.

But, alas, there was less information in book then I had already found in Internet.

I recommend this method for everyone who is not satisfied with his life, but I think that it is better to try out believe eliminating using interactive videos than book.

Some times to eliminate negative emotions linked with certain situations you need to use Morty's deconditioning method, but it is not described in book.

Everyone interested in Morty's methods can find more information in his blog and website.

0 of 0 people found the following review helpful.

Great book with a lot of good advice/material

By mraatmtey

Solid read. Good advice that is on the lines of CBT. Really has you think deeply about belief systems and gives you a new way to challenge them. Haven't finished the book yet as there is a lot of good info to adjust.

Wish Morty was still around to dispel his knowledge!

0 of 0 people found the following review helpful.

Five Stars

By Nate Woods

Love it!!!!!!

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