



Bad Code: Overcoming Bad Mental Code That Sabotages Your Life (Hardback)

By Deborah Johnson

Deborah Johnson, 2016. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. DEBORAH JOHNSON takes you through different types of code, tools of code and decades of code to change your thoughts and change your life! Just as threatening as identity theft or a website hack, there is bad mental code working to hack and sabotage your life. After identifying different types of code and attacks, Bad Code gives you effective and powerful tools to change your mental code. Using construction images, you will gather your own personal mental toolbox of tools that will take you through the varying decades of your life. The last section of the book includes interviews of ordinary people with extraordinary insights, each with applicable tools and mindsets. The human brain is more powerful than any computer and accessing the power of the brain takes mental choices and tools. Negative mental code sends messages that we re too old, too fat, too dumb. Those kinds of mental missives hinder both personal and professional growth. Bad code brings discontentment based on shame and self-doubt, which is ultimately destructive. It tells us we ll never be good enough, so why try? Good...



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