



# MAXIMIZE YOUR POTENTIAL THROUGH THE POWER OF YOUR SUBCONSCIOUS MIND: FOR HEALTH AND VITALITY

*Dr. Joseph Murphy*

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## **MAXIMIZE YOUR POTENTIAL THROUGH THE POWER OF YOUR SUBCONSCIOUS MIND: FOR HEALTH AND VITALITY** Dr. Joseph Murphy

Illness and debility result from accepting in your mind that you are subject to them. Your subconscious mind accepts what you or others impress upon it. These suggestions-- be they good or bad, true or false – control your sub-conscious mind. Think you are weak and you will be weak; feed into it thoughts of strength and wellness, you will be strong and healthy. Learn in this book how to give your subconscious mind only suggestions that heal, bless, elevate and inspire you and reject those that lead to failure, illness and despair. You will be shown how to use a constructive process that can override negativity and build up a strong, positive subconscious.

Some of the subjects discussed in this book are:

- Adjust to a Life of Health
- Live Without Strain
- Develop Your Healing Consciousness
- How to Use Your Healing Power
- All The World Believes a Lie
- The Fallacy of Old Age
- Wheels of Truth

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