

## **Introduction**

This isn't a book... it's a battle-ready reference manual for beating your subconscious mind into submission. I call it that for two reasons: the first is that unless you're perfect, your conscious and subconscious minds are in conflict with each other and the fact that you're reading this right now is proof of that... if there wasn't at least some conflict, you wouldn't feel the strange urge to make your life and your way of thinking better; the second is that this is a compendium of tools and exercises that you can use to program your subconscious mind to do virtually anything you want it to... just scan the table of contents again to remind yourself of that. It's almost like a cookbook, or spell-book rather for making your subconscious mind do what you want it to do. Included in this manual are all the ideas and exercises I've come across from a multitude of print and online sources that have either intrigued me or benefited me directly from their use. It is my hope that they will do the same for you.

I tried to give this manual some structure so hopefully you will notice some coherent flow from start to finish, but if you don't you have my apologies. Most of all, though, just have fun with it. This stuff really works if you think it will!