



How to Beat the Energy Thieves and Make Your Life Better - Book 2: How To Stop Emotions, Food, People, Problems And Traumas Damaging Your Energy And ... Can Live Out Your True Purpose And Be Happy

Jess Miller

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In Book 2 of his 'How to Beat the Energy Thieves' series Jess Miller shows how your emotions can get into complete control of the energy you are and steal it away from you.

Anger and fear are two of the most powerful emotions that work against you by getting you to react to situations in ways that guarantee they will be in charge of your energy and not you.

Using road rage as an example Jess lays out how this all consuming anger can change you from a usually placid person into someone you hardly recognise, as experienced by those who after coming under the influence of road rage feel remorse and shame once their anger subsides and can't believe they acted the way they did when road rage controlled their energy.

Jess's advice: when an emotion as powerful as anger strikes immediately recognise what's going on, take a step back and think hard about whether you want to go down this potentially damaging road or stay in control of your energy so that you stop anger from hurting you and others.

Fear works on differing levels, some where you become totally terrified and some that work quietly away on deeper levels within you in the form of stress. The system we live under likes to wrap fear up in clever words such as: apprehension, concern, nervousness, self-doubt, worry, etc., but behind each of these words lies fear and so they are all your enemy because they bring you stress that damages you within.

Jess gets you to understand that your fears never help you, they only bring you down and once you learn how to master your fears, remove your energy from them and leave them behind you can change your life massively for the better.

Jess also brings perspective to the problem that affects so many of us - eating far too much!

His answer lies in the ancient, secret, Formula for Life.....

He also shows how people all around you in life, including those close to you, can be stealing your energy and dictating to you how you will be while you are here, which they have no right to do because it's your energy to manage, not theirs.

Do you understand why when you are suffering in the middle of a major problem someone who isn't involved can take a look at it and often shine a light into what seemed to be nothing but darkness? That's because the problem isn't consuming their energy whereas it's stealing all of yours and that's why when you're in the middle of it you can't see your way out.

Most of us have experienced things that live on in our past, but still hurt us in the present.

These are traumas, some of which dull with time, but others sit there and hurt us every day.

Jess brings you the hugely powerful exercise he has used to help many people release themselves from the traumas that still hurt them.

In 'How to Beat the Energy Thieves and Make Your Life Better' (Book2) Jess Miller takes you further down the road to understanding how to manage and guard your great gift of energy, constantly bringing you unique perspectives to help you manage your energy in better ways so you can find your course through the daily minefield of Energy Thieves we all face.

Book Contents:

A New Beginning - Understanding Energy, The System, The Great Reactionary, Honesty, The Question, Good and Evil, The Passing of Time

Energy Thieves Within Your Emotions - Fear, T-Rex, The D-Words, Making Transition, Credo's Proverb, Loneliness, Big Event Nerves, Testing Yourself, Wherever I Hang My Hat, Giving Talks, Beating Fear, Anger, Think Thief!, Hatred, Envy, Greed, Lying, Selfishness, Arguing, Stress

Food - The New Bodies (NB's), Food's Secret Secret, The Mystery of the Line, The Mystery of the Other Line, Moby Dick!, Taking Your Energy Back!, That Nasty Little Feeling!

Major Problems - Financial Wipe Out

People - Energy Thieves in the People Around You

How to Win - Becoming a Winner

No Regrets

Managing Your Energy

Another 50 Ways to Help Someone

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From reader reviews:

William Lee:

Spent a free time to be fun activity to complete! A lot of people spent their free time with their family, or their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the book untitled How to Beat the Energy Thieves and Make Your Life Better - Book 2: How To Stop Emotions, Food, People, Problems And Traumas Damaging Your Energy And ... Can Live Out Your True Purpose And Be Happy can be very good book to read. May be it might be best activity to you.

Denise Swann:

Your reading 6th sense will not betray a person, why because this How to Beat the Energy Thieves and Make Your Life Better - Book 2: How To Stop Emotions, Food, People, Problems And Traumas Damaging Your Energy And ... Can Live Out Your True Purpose And Be Happy book written by well-known writer who really knows well how to make book which can be understand by anyone who have read the book. Written inside good manner for you, dripping every ideas and publishing skill only for eliminate your personal hunger then you still doubt How to Beat the Energy Thieves and Make Your Life Better - Book 2: How To Stop Emotions, Food, People, Problems And Traumas Damaging Your Energy And ... Can Live Out Your True Purpose And Be Happy as good book not simply by the cover but also by content. This is one book that can break don't assess book by its include, so do you still needing another sixth sense to pick this!?! Oh come on your looking at sixth sense already alerted you so why you have to listening to one more sixth sense.

Theodore Dubose:

This How to Beat the Energy Thieves and Make Your Life Better - Book 2: How To Stop Emotions, Food, People, Problems And Traumas Damaging Your Energy And ... Can Live Out Your True Purpose And Be Happy is great book for you because the content that is certainly full of information for you who have always deal with world and have to make decision every minute. That book reveal it info accurately using great plan word or we can say no rambling sentences inside. So if you are read the item hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but hard core information with splendid delivering sentences. Having How to Beat the Energy Thieves and Make Your Life Better - Book 2: How To Stop Emotions, Food, People, Problems And Traumas Damaging Your Energy And ... Can Live Out Your True Purpose And Be Happy in your hand like finding the world in your arm, details in it is not ridiculous one particular. We can say that no guide that offer you world within ten or fifteen second right but this e-book already do that. So , this is good reading book. Hi Mr. and Mrs. busy do you still doubt in which?

Hayden Wright:

The book untitled How to Beat the Energy Thieves and Make Your Life Better - Book 2: How To Stop Emotions, Food, People, Problems And Traumas Damaging Your Energy And ... Can Live Out Your True Purpose And Be Happy contain a lot of information on this. The writer explains her idea with easy means. The language is very clear and understandable all the people, so do not really worry, you can easy to read the idea. The book was written by famous author. The author gives you in the new time of literary works. It is easy to read this book because you can read on your smart phone, or device, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and order it. Have a nice read.

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