

# breaking the habit of being yourself

Breaking the Habit of Being Yourself: A Comprehensive Guide to Transforming Your Life

## Introduction: Understanding the Power of Self-Transformation

**Breaking the habit of being yourself** is a phrase that might sound provocative, but it encapsulates a profound concept: the idea that who we are today is largely shaped by our habits, beliefs, and subconscious patterns. If you feel stuck in a cycle of repetitive behaviors or limiting beliefs, this article offers insight into how you can consciously change your mental and emotional patterns to create a more fulfilling and authentic life. Transforming yourself isn't about abandoning who you are but about evolving into the best version of yourself through deliberate, mindful change.

## The Science Behind Habit Formation and Self-Identity

### How Habits Shape Our Identity

Our habits, both conscious and unconscious, form the foundation of our daily lives. They influence our thoughts, feelings, and behaviors, ultimately shaping our sense of identity. For example, if you habitually procrastinate, you may see yourself as someone who is lazy or unmotivated, reinforcing that belief over time.

Key points:

- Habits are neural pathways that become strengthened through repetition.
- Our self-image is reinforced by our habitual responses.
- Changing habits can lead to a shift in self-perception and identity.

### The Role of the Subconscious Mind

The subconscious mind stores beliefs, memories, and conditioned responses that influence our behavior without our awareness. To truly break the habit of being yourself, it is essential to access and reprogram these subconscious patterns.

Important concepts:

- The subconscious operates 95% of the time, dictating most of our actions.
- Limiting beliefs are often rooted in childhood or past experiences.
- Reprogramming the subconscious can lead to profound life changes.

# **Why Do We Need to Break the Habit of Being Yourself?**

## **Limitations of Old Patterns**

Staying within familiar patterns can create comfort but often limits growth. For example:

- Staying in unhealthy relationships due to familiarity.
- Avoiding challenges because of fear of failure.
- Clinging to limiting beliefs about success or happiness.

## **Unlocking Your True Potential**

Breaking free from old patterns allows you to:

- Discover new possibilities and opportunities.
- Develop healthier habits and thought patterns.
- Achieve personal and professional growth.

# **Practical Steps to Break the Habit of Being Yourself**

## **1. Awareness and Self-Observation**

Before initiating change, it's essential to become aware of your current habits and beliefs.

Action steps:

- Keep a journal documenting recurring thoughts and behaviors.
- Notice emotional reactions and triggers.
- Identify patterns that no longer serve your goals.

## **2. Define the Self You Want to Become**

Clarity is vital. Visualize the person you aspire to be.

Strategies:

- Create a detailed mental image or a vision board.
- Write a personal mission statement.
- Set specific, measurable goals aligned with this new identity.

## **3. Use Visualization and Affirmations**

Harness the power of your mind to reprogram subconscious beliefs.

Tips:

- Practice daily visualization of your ideal self.
- Use positive affirmations such as “I am confident and capable.”
- Engage all senses to make the visualization more vivid.

## **4. Develop New Habits and Routines**

Consistent action is key to rewiring your brain.

Steps:

- Start small—introduce one new habit at a time.
- Use habit stacking—attach new habits to existing routines.
- Track progress to stay motivated.

## **5. Embrace Mindfulness and Meditation**

These practices help you stay present and aware of habitual patterns.

Benefits:

- Reduce automatic reactions.
- Increase emotional regulation.
- Foster a deeper understanding of your inner workings.

## **6. Reprogram Your Subconscious**

Techniques include:

- Hypnotherapy
- Neuro-linguistic programming (NLP)
- Repetitive affirmations and visualization exercises

## **7. Take Consistent Action and Be Patient**

Change takes time; persistence is crucial.

Tips:

- Celebrate small victories.
- Forgive setbacks and refocus.
- Maintain a growth mindset.

## **Common Obstacles and How to Overcome Them**

### **Fear of Change**

Fear can paralyze progress. To overcome:

- Acknowledge your fears.
- Understand that discomfort is part of growth.
- Seek support from mentors or coaches.

### **Limiting Beliefs**

Identify and challenge beliefs like “I’m not good enough” or “Change is too hard.”

Strategies:

- Question the validity of these beliefs.
- Replace them with empowering beliefs.
- Gather evidence of your capabilities.

# **Impatience and Lack of Motivation**

Stay motivated by:

- Reminding yourself of your “why.”
- Tracking progress.
- Surrounding yourself with positive influences.

# **The Role of Personal Development Tools**

## **Books and Courses**

- “Breaking the Habit of Being Yourself” by Dr. Joe Dispenza
- Mindfulness courses
- Personal coaching programs

## **Journaling and Reflection**

Regular reflection helps consolidate change:

- Daily gratitude journaling
- Tracking progress toward goals
- Reflecting on setbacks and lessons learned

## **Community and Support Groups**

Sharing your journey with others can provide encouragement:

- Join groups focused on self-improvement.
- Engage in accountability partnerships.
- Attend workshops and seminars.

# **Living a Life Beyond Your Old Self**

## **Embody Your New Identity**

- Practice behaviors aligned with your desired self.
- Surround yourself with supportive environments.
- Continuously reinforce your new beliefs.

## **Maintain Your Progress**

- Regularly revisit your goals.
- Adjust your strategies as needed.
- Celebrate milestones to stay motivated.

## **Conclusion: Embrace the Journey of Self-Transformation**

Breaking the habit of being yourself is a transformative journey that requires self-awareness, intentional action, and patience. By understanding how habits shape your identity and applying practical tools and techniques, you can reprogram your subconscious mind and cultivate new, empowering patterns. Remember, the process is ongoing—each step forward brings you closer to the authentic, fulfilled version of yourself you aspire to become. Embrace the change, stay committed, and watch your life evolve in extraordinary ways.

## **Frequently Asked Questions**

### **What is the main concept behind 'Breaking the Habit of Being Yourself'?**

The book emphasizes that by changing your thoughts and beliefs, you can reprogram your brain to create a new reality, breaking free from old habits and limiting patterns.

### **How does the book suggest we can change our subconscious mind?**

It recommends using meditation, visualization, and focused intention to recondition the subconscious mind and establish new beliefs and behaviors.

## **Can 'Breaking the Habit of Being Yourself' help with overcoming negative patterns?**

Yes, the book provides techniques to identify and break free from negative thought patterns, enabling personal transformation and emotional healing.

## **What role does neuroscience play in the book's teachings?**

The book draws on neuroscience to explain how thoughts create neural pathways, and how conscious effort can rewire the brain for positive change.

## **Is this book suitable for someone new to self-improvement concepts?**

Absolutely, it offers practical exercises and explanations that are accessible to beginners interested in personal growth and mind reprogramming.

## **How does the book relate to the law of attraction?**

It aligns with the law of attraction by emphasizing that changing your thoughts and beliefs can attract new experiences and realities.

## **What are some practical techniques from the book to break old habits?**

Techniques include meditation, creating new empowering beliefs, visualization, and maintaining focused awareness to shift your habitual thoughts.

## **Can 'Breaking the Habit of Being Yourself' help improve mental health?**

Yes, by transforming negative thinking patterns and reducing subconscious limiting beliefs, it can promote better mental well-being.

## **How does the book address the concept of identity and self-awareness?**

It encourages deep self-awareness to recognize the habitual thought patterns that shape your identity and provides tools to intentionally redefine yourself.

## **What is the ultimate goal of applying the principles in 'Breaking the Habit of Being Yourself'?**

The goal is to create a new, more empowered version of yourself by rewiring your mind, aligning your beliefs with your desired reality, and living a more fulfilled life.

# Additional Resources

Breaking the Habit of Being Yourself is more than just a phrase; it's a transformative journey into understanding the depths of personal identity, subconscious patterns, and the power of conscious change. Rooted in the principles of quantum physics and neuroplasticity, this concept encourages individuals to step beyond their self-imposed limitations and reprogram their minds for a more fulfilling life. Written by Dr. Joe Dispenza, this book offers a comprehensive guide to breaking free from habitual thought patterns and creating a new sense of self that aligns with one's highest potential.

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## Introduction to Breaking the Habit of Being Yourself

The core premise of Breaking the Habit of Being Yourself is that our thoughts, emotions, and behaviors are largely driven by subconscious patterns formed over years of experience. These habits shape our reality and influence our perceptions, often trapping us in a cycle of negativity, self-doubt, or complacency. Dispenza argues that by understanding the science behind these patterns—particularly how the brain and quantum field interact—we can consciously rewire our brains and change our lives.

This book is not just about wishful thinking but about applying practical, science-backed techniques to change your mental and emotional states. It challenges readers to question their identity, beliefs, and assumptions, and offers tools to create a new personal reality.

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## The Science Behind Breaking the Habit

### Quantum Physics and Consciousness

Dispenza draws heavily on quantum physics to explain how consciousness influences reality. The key idea is that our thoughts are not confined within our brains but are connected to the quantum field—a vast web of potentiality. By focusing our thoughts and emotions, we can influence this field to manifest new realities.

### Neuroplasticity and Habit Formation

The book emphasizes neuroplasticity—the brain's ability to reorganize itself by forming new neural connections. Habits are essentially neural pathways that have been reinforced over time. To change them, one must create new pathways through consistent practice of new thoughts and behaviors.

### Epigenetics and Personal Transformation

Dispenza also discusses how our environment and thoughts can influence gene expression through epigenetics, reinforcing the idea that change is possible at a biological level.

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## Key Concepts and Techniques

## 1. Recognizing and Becoming Aware of Your Habits

The first step in breaking free from old patterns is awareness. Dispenza encourages mindfulness practices to observe your habitual thoughts, feelings, and reactions without judgment. This awareness creates the foundation for change.

## 2. Meditation and Mindfulness

Dispenza advocates for daily meditation as a tool to access the subconscious mind and reprogram it. Meditation helps quiet the mind, reduce stress, and create a mental state conducive to change.

Features of the meditation practice include:

- Focused attention to regulate the brain's activity
- Visualization techniques to imagine your desired self
- Emotional engagement to align feelings with new thoughts

## 3. Creating a New Personal Reality

Dispenza emphasizes that your thoughts and emotions are creative forces. To change your life, you must "think from the future," embodying the feelings and mindset of the person you want to become, rather than dwelling on your current limitations.

## 4. Breaking the Emotional Loop

Many habits are sustained by emotional responses. Dispenza suggests techniques to break the emotional reactions tied to old habits, such as consciously choosing new responses or practicing gratitude.

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## Practical Applications and Lifestyle Changes

### Daily Rituals

- Morning meditation to set intentions
- Journaling to track progress and insights
- Affirmations aligned with your new identity

### Overcoming Resistance

Change often triggers resistance from the subconscious. Dispenza advises patience, persistence, and compassion during this process, emphasizing that rewiring takes time.

### Creating a Supportive Environment

Surround yourself with positive influences and environments that reinforce your new habits and beliefs.

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## Pros and Cons of Applying the Concepts

### Pros

- Empowers personal agency: Encourages active participation in shaping your reality.
- Scientifically grounded: Based on neuroscience, quantum physics, and psychology.
- Practical techniques: Provides meditation, visualization, and mindfulness practices.
- Universal applicability: Suitable for overcoming fears, limiting beliefs, and achieving goals.
- Encourages self-awareness and growth: Promotes deeper understanding of oneself.

### Cons

- Requires commitment: Change demands consistent effort over time.
- Abstract concepts: Quantum physics and certain ideas may be challenging to grasp fully.
- Not a quick fix: Results may take weeks or months to manifest.
- Potential for misinterpretation: Some may oversimplify or misapply techniques without proper guidance.
- Emotional discomfort: Facing subconscious patterns can be uncomfortable or confronting.

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### Critical Evaluation

Breaking the Habit of Being Yourself offers a compelling blend of science, spirituality, and practical advice. Its strength lies in empowering individuals to take responsibility for their lives through understanding the mind-body connection and the influence of consciousness on reality. The emphasis on meditation and visualization aligns with many proven psychological techniques for change.

However, some critics argue that the book leans heavily on speculative interpretations of quantum physics, which can be confusing or misleading if misunderstood. While the scientific basis provides credibility, it's essential to approach the ideas with a balanced perspective, recognizing the importance of consistent effort and external factors.

Moreover, the process of changing deeply ingrained habits is inherently challenging and often requires external support, such as coaching or therapy, especially for severe psychological issues.

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### Personal Reflection and Impact

Many readers report transformative experiences after applying the principles in Breaking the Habit of Being Yourself. People have noted improvements in mental clarity, emotional resilience, and the ability to manifest personal goals. The techniques foster a sense of empowerment, reminding us that we are co-creators of our reality.

On a personal level, the book encourages introspection and mindfulness, leading to greater self-awareness. It invites a shift from passive acceptance of circumstances to active engagement in shaping one's destiny.

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## Final Thoughts

Breaking the Habit of Being Yourself is a powerful resource for anyone seeking personal transformation. It challenges readers to rethink their identity, harness the power of their mind, and embrace change at a fundamental level. While it requires dedication and patience, the potential rewards—greater clarity, happiness, and fulfillment—are well worth the effort.

For those willing to explore the depths of their subconscious and commit to consistent practice, this book provides a comprehensive roadmap to breaking free from limiting patterns and stepping into a new version of oneself. Whether you're aiming for personal growth, healing, or manifesting new opportunities, the principles outlined can serve as a catalyst for profound change.

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In summary:

- Understand the science behind habits and consciousness.
- Practice daily meditation and visualization.
- Shift your focus from the past to envisioning your desired future.
- Be patient and persistent through the discomfort of change.
- Create an environment that supports your new self.

Embarking on this journey requires courage and commitment, but the potential to reinvent yourself and your reality makes Breaking the Habit of Being Yourself a valuable guide in the pursuit of personal mastery.

## **Breaking The Habit Of Being Yourself**

**breaking the habit of being yourself: Breaking The Habit of Being Yourself** Dr. Joe Dispenza, 2013-02-15 Discover how to reprogram your biology and thinking, and break the habit of being yourself so you can truly change your mind and life. Best-selling author, international speaker, chiropractor, and renowned researcher of epigenetics, quantum physics, and neuroscience, Dr. Joe Dispenza shares that you are not doomed by your genes and hardwired to be a certain way for the rest of your life. New science is emerging that empowers all human beings to create the reality they choose. In Breaking the Habit of Being Yourself, Dr. Joe Dispenza combines the fields of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible and how to recondition the body and create better health. Not only will you be given the necessary knowledge to change your energy and any aspect of yourself, but you will be taught the step-by-step tools to apply what you learn in order to make measurable changes in any area of your life. Chapters include: Foreword by Daniel G. Amen, M.D. Introduction: The Greatest Habit You Can Ever Break Is the Habit of Being Yourself PART I: The Science of You The Quantum You Overcoming Your Environment Overcoming Your Body Overcoming Time Survival vs. Creation PART II: Your Brain and Meditation Three Brains: Thinking to Doing to Being The Gap Meditation, Demystifying the Mystical, and Waves of Your Future PART III: Stepping Toward Your New Destiny The Meditative Process: Introduction and Preparation Open the Door to Your Creative State Step 1: Induction Prune Away the Habit of Being Yourself (Week Two) Step 2: Recognizing Step 3: Admitting and Declaring Step 4: Surrendering Dismantle the Memory of the Old You (Week Three) Step 5: Observing and Reminding Step 6: Redirecting Create a New Mind for Your New Future (Week Four) Step 7: Creating and

Rehearsing Demonstrating and Being Transparent: Living Your New Reality Dr. Joe demystifies consciousness and ancient understandings to bridge the gap between science and spirituality. Through his powerful healing workshops and lectures, thousands of people in 24 different countries have used these principles to change from the inside out. Once you break the habit of being yourself and truly change your mind, your life will never be the same! "In this book, I want to share some of what I learned along the way and show you, by exploring how mind and matter are interrelated, how you can apply these principles not only to your body, but to any aspect of your life." — Dr. Joe Dispenza "Anyone who reads this book and applies the steps will benefit from their efforts. Its cutting-edge content is explained in a simple language that is accessible to anyone, and provides a user-friendly guide for sustained change from the inside out." — Rollin McCraty, Ph.D., Director of Research, HeartMath Research Center

**breaking the habit of being yourself: SUMMARY - Breaking The Habit Of Being Yourself: How To Lose Your Mind And Create A New One By Joe Dr. Dispenza** Shortcut Edition, 2021-06-06 \* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will learn how relativity theory can be used to positively change your life and solve your problems. You will also learn : to know yourself; to take back control of your life; to think like a visionary; to become who you want to be; to meditate. Changing your life, being healthy, finding a new job or becoming rich involves finding the solutions and means within your reach. Unfortunately, most of the time, the initial enthusiasm fades away, difficulties arise and you fall back into your old ways, habits and blockages. According to the theory of relativity, this is linked to a lack of knowledge of the true nature of man and the way the world works. To understand and effectively apply this theory is to find the source of all solutions. \*Buy now the summary of this book for the modest price of a cup of coffee!

**breaking the habit of being yourself: Meditations for Breaking the Habit of Being Yourself** Joe Dispenza, 2015-06-10 Edition statement found on container sleeve.

**breaking the habit of being yourself: Summary of Breaking the Habit of Being Yourself** QuickChapters, 2025-07-21 What if you could rewire your brain, reshape your biology, and transform your life—just by changing your thoughts? In *Breaking the Habit of Being Yourself*, Dr. Joe Dispenza fuses cutting-edge science with spiritual wisdom to show how you can break free from the limiting patterns of your past and consciously create a new reality. This chapter-by-chapter summary unpacks the book's core teachings on neuroscience, quantum physics, epigenetics, and meditation. Dispenza offers a compelling look at how your brain, body, and energy are interconnected—and how you can retrain them to align with a greater vision of yourself. With step-by-step tools and a four-week meditation program, he guides readers through the process of transformation from the inside out. Whether you're seeking better health, deeper happiness, or a radical shift in mindset, this summary presents the essential insights and techniques that have helped thousands change their lives. Disclaimer: This is an unofficial summary and analysis of *Breaking the Habit of Being Yourself* by Dr. Joe Dispenza. It is designed solely to enhance understanding and aid in the comprehension of the original work.

**breaking the habit of being yourself: Summary of Joe Dispenza's Breaking the Habit of Being Yourself** by Milkyway Media Milkyway Media, 2019-09-08 *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One* (2012) by Dr. Joe Dispenza is a self-help book about shaking off negativity and using meditation to effect positive change. Many people don't realize how much their mental life directs their physical experience of the world... Purchase this in-depth summary to learn more.

**breaking the habit of being yourself: Summary of Breaking the Habit of Being Yourself by Joe Dispenza** FlashBooks Book Summaries, 2017-10-31 Book Summary of *Breaking the Habit of Being Yourself* by Joe Dispenza \*\*\*\*ORIGINAL BOOK TITLE: *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One* by Joe Dispenza\*\*\*\*IMPORTANT NOTE: This is not the original book, this is an executive summary / book summary of *Breaking the Habit of Being*

Yourself: How to Lose Your Mind and Create a New One by Joe Dispenza \*\*\*\*\*ORIGINAL BOOK  
 DESCRIPTION: Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One  
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 author, speaker, researcher, and chiropractor Dr. Joe Dispenza combines the fields of quantum  
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 EXECUTIVE BOOK SUMMARY BY FLASHBOOKS\*\*\*\*\*ABOUT THE AUTHOR: Joe Dispenza, New York Times bestselling  
 author, researcher, and lecturer: studied biochemistry at Rutgers University in New Brunswick, N.J.  
 He also holds a BS degree with an emphasis in Neuroscience. Dr. Dispenza also received his Doctor  
 of Chiropractic Degree at Life University in Atlanta, Georgia, graduating magna cum laude. Dr.  
 Dispenza's postgraduate training and continuing education has been in neurology; neuroscience;  
 brain function and chemistry; cellular biology; memory formation; and aging and longevity. He is an  
 invited member of Who's Who in America, an honorary member of the National Board of  
 Chiropractic Examiners, the recipient of a Clinical Proficiency Citation for clinical excellence in  
 doctor-patient relationships from Life University, and a member of Pi Tau Delta - the International  
 Chiropractic Honor Society.\*\*\*\*\*ORIGINAL BOOK AND PUBLISHER DETAILS: Breaking the Habit of  
 Being Yourself: How to Lose Your Mind and Create a New One Audiobook - Unabridged Joe Dispenza  
 (Author), Adam Boyce (Narrator), Author's Republic (Publisher) Audible Audio Edition Program  
 Type: Audiobook Publisher: Author's Republic Audible Release Date: October 21, 2016 ASIN:  
 B01M669PBZ Amazon Best Sellers Rank: #3 in Books > Religion & Spirituality > New Age &  
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**breaking the habit of being yourself:** Breaking the Habit of Being Yourself Joe Dispenza,  
 2018

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 Jones, 2023 In Breaking the Habit of Being Yourself, renowned author, speaker, researcher, and  
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commit the material to memory, however, you should buy BOTH the original book AND our summary book.

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Peter Sterling, 2025-04-30 Unlock the Power to Rewire Your Mind and Reinvent Your Life!

Transform your life from the inside out with the Breaking the Habit of Being Yourself Workbook - a practical, hands-on companion to the groundbreaking ideas of personal change and self-mastery. Break Free from Mental Conditioning Identify the thoughts and emotional patterns that keep you stuck in the past Challenge limiting beliefs and habitual reactions that no longer serve you Reprogram Your Subconscious Mind Learn science-backed techniques to change your brain chemistry and neural pathways Apply visualization, meditation, and journaling to hardwire a new reality Step Into the Identity of Your Future Self Design a powerful vision of who you want to become Take actionable steps each day to align your habits with your highest potential Awaken Your Inner Power Tap into the quantum field of infinite possibilities Cultivate the emotional energy that fuels lasting transformation Track, Reflect, and Accelerate Your Growth Weekly prompts, exercises, and self-assessments to keep you focused and inspired Build consistency with daily habit checklists and reflection tools This workbook isn't just about changing your thoughts-it's about changing your life. Whether you're ready to leave behind fear, self-doubt, or emotional baggage, this guide gives you the structure, tools, and mindset to become the creator of your own destiny.

**breaking the habit of being yourself: Breaking the Habit of Being Yourself Banner**

**Postcards** Joe Dispenza, 2012-11-20 Set of 8 different designs: Quote from Dr Joe The Biological Model of Change How Emotional Reactions Create Different States of Being Brain Waves How to Change Your Reality The Two States of the Mind and Body Evolve Your Being Quote from Dr. Joe Size: 5x7 each with Postcard thickness in width.

**breaking the habit of being yourself: Breaking The Habit Of Being Yourself DR JOE**

DISPENZA, 2021-05-11 Banyak manusia mengalami penderitaan tanpa pernah benar-benar tahu bagaimana awalnya dan cara terbebas darinya. Ironisnya, banyak yang meyakini bahwa semua masalah disebabkan oleh takdir genetik dan kekuatan gaib yang semena-mena. Buku ini menjelaskan bagaimana pikiran kita yang awalnya polos menyerap program-program negatif sejak kecil, yang kemudian terakut di dalam otak hingga membentuk kebiasaan dan kepribadian yang membatasi-diri. Maka, satu-satunya solusi adalah dengan memprogram-ulang pikiran kita, menggantinya dengan pikiran baru yang lebih siap untuk sukses dan bahagia. Dalam Breaking the Habit of Being Yourself, Joe Dispenza menggabungkan fisika quantum, neurosains, kimia otak, biologi, dan genetika untuk menunjukkan pada kita apa yang bisa dicapai semua orang demi memenuhi potensi sejatinya. Tidak hanya pengetahuan teoretis, Anda pun akan memperoleh metode praktis untuk menciptakan perubahan yang terukur dalam hidup Anda. Ribuan orang di dunia telah menggunakan prinsip-prinsip di buku ini untuk mengubah diri mereka dari dalam. Begitu Anda mampu memprogram-ulang pikiran Anda, menghentikan kebiasaan menjadi diri Anda yang lama dan tidak efektif, hidup Anda tak akan pernah sama lagi! Kombinasi dahsyat dari sains mutakhir dan penerapannya dalam kehidupan sehari-hari. (Gregg Braden, penulis The Divine Matrix) Panduan yang menghibur untuk membenahi sirkuit-sirkuit mental dan emosional Anda. (Lynne McTaggart, penulis The Field) Joe Dispenza memetakan cara kerja tubuh dengan sangat baik sehingga tubuh sebagai kuil Tuhan dapat dimasuki hingga relung-relung rahasianya.

**breaking the habit of being yourself: SUMMARY** Edition Shortcut (author), 1901

**breaking the habit of being yourself: The Enneagram Type 9 Journal** Deborah Threadgill

Egerton, 2024-05-21 Learn more about your Enneagram Type and dive into a transformative exploration of self-discovery and personal growth, as you navigate the pages of this thoughtfully designed journal. Filled with insightful prompts, reflections and exercises, this journal is a tailored road map to help Peacemakers like you (Enneagram Type 9s) understand and embrace your unique characteristics, challenges and strengths. Whether you're seeking clarity on your values, striving for personal excellence or navigating the intricate dance of day-to-day life, The Enneagram Type 9 Journal is your trusted ally in the journey towards a more authentic and fulfilling life. This series of

nine Enneagram inner work journals are rooted in the Enneagram- an archetypal personality system that combines modern psychological practices with a deep foundation in ancient traditions. It is a model of the human psyche taught as a typology of nine Points and Personality Types. Each type has its own journal in this series to guide you through the unique strengths and challenges your Type encounters on your journey.

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