



# Rerouting Your Thoughts: An Introduction to Autosuggestion

*Brent Longstone*

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# Rerouting Your Thoughts: An Introduction to Autosuggestion

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## **Rerouting Your Thoughts: An Introduction to Autosuggestion** Brent Longstone

In this book you will learn... • how thoughts create your reality, how habitual thoughts have put you where you are now and how you can learn to recognize and change them • about the function of the conscious and subconscious mind and how you can develop a system where you are in direct contact with your subconscious for the purpose of self-improvement • how the immense power of your subconscious can be used to create a positive mental attitude • how to saturate your mind with cleansing, positive thoughts that reroute the pathways to your mind, allowing positive thought to overtake negative thought, and ultimately your life • how to understand the simplicity of the techniques described and the endless stream of power you will have at your disposal once you begin to understand them • how a French psychologist, one hundred years ago, was credited with having cured thousands of people with his simple procedure By applying the simple techniques in this book you will... • change and reform your life • pull yourself up from despair • clear away the clutter from the past • experience the peace of mind you see in others • live in harmony, peace and abundance

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