



You Are What You Think

David Stoop

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Attitude is everything.

Attitude is what makes the difference between those who succeed and those who fail. And it's easy to see in other people. But it's not always easy to recognize when our own attitude needs adjustment, or to know how to change it.

In *You Are What You Think*, David Stoop shows you how to use self-talk to make positive changes in your attitudes and beliefs. Self-talk can be private speech, thoughts, or external speech, all of which shapes emotions and behavior for good or bad. This popular, revolutionary book will help you:

- * choose healthy, positive thoughts
- * respond rather than react to circumstances
- * overcome guilt, anger, anxiety, and stress
- * release the power of faith
- * and more

You can use self-talk to gain control of the way you feel and act. You can turn out-of-control into self-control and make your emotions work for you rather than against you. *You Are What You Think* tells you how.

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