



You Are What You Believe: Simple Steps to Transform Your Life

Hyrum W. Smith

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Simple Steps to Transform Your Life

We all have times in our lives when the results of our behavior don't seem to be meeting our needs. These shortfalls may result in depression, anger, frustration, and relationship struggles, among a host of possible symptoms. It often seems difficult to see a clear path out of the problems. Even when we try to change our behavior, it doesn't stick—before we know it we're right back where we started.

In this new book, Hyrum Smith does two things that are invaluable to people who wish to make their lives less painful. First, he reveals, through a clear and simple model, how we get to the point where our behaviors cause these kinds of problems. Then, with a simplicity that is impressive in itself, he describes the steps we must take to identify and rectify the beliefs leading to our painful behavior.

Through the use of the Reality Model and the concept of the Belief Window, illustrated through humorous anecdotes and a powerful experience at a high school, Smith not only lays out the intellectual framework of his approach but draws you in emotionally as well. When you are done, you will agree with him that the solution to our problems is simple. It's not easy, but it is simple.

The result is a powerful process for transforming your habits and relationships and achieving lasting personal and career success.

“Read *You Are What You Believe* and change the results you're getting in an area of your life that's not working. Thanks, Hyrum, for sharing the simple truths inherent in your Reality Model. It will continue to make a difference in my life.”

—from the foreword by Ken Blanchard, author of *The One Minute Manager*®



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From reader reviews:

Margaret Gentile:

Playing with family inside a park, coming to see the sea world or hanging out with friends is thing that usually you have done when you have spare time, in that case why you don't try issue that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love You Are What You Believe: Simple Steps to Transform Your Life, you are able to enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't buy it, oh come on its referred to as reading friends.

Ann Bland:

Are you kind of active person, only have 10 or 15 minute in your moment to upgrading your mind skill or thinking skill possibly analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your small amount of time to read it because this time you only find guide that need more time to be learn. You Are What You Believe: Simple Steps to Transform Your Life can be your answer mainly because it can be read by an individual who have those short extra time problems.

Carman Robertson:

As a college student exactly feel bored to be able to reading. If their teacher asked them to go to the library or to make summary for some book, they are complained. Just very little students that has reading's spirit or real their pastime. They just do what the instructor want, like asked to the library. They go to right now there but nothing reading significantly. Any students feel that reading through is not important, boring and also can't see colorful photos on there. Yeah, it is to get complicated. Book is very important for you. As we know that on this era, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore , this You Are What You Believe: Simple Steps to Transform Your Life can make you experience more interested to read.

Becky Duncan:

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