



Cosgrove Publishing Releases Free E-book To Help People Overcome Past Conditioning Of Negative Emotions And Take Back Control Of Their Life

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Jim Marshall, owner of the company Cosgrove Publishing, has announced that they have just released their free e-book to help people overcome past conditioning of negative emotions so that they can once again take back control of their lives. He said that the e-book contains self-help research knowledge that has been accumulated over 10 years and is now distilled into 34 "life-changing pages" for his readers.

In order to obtain the e-book, readers need to go to the following URL: http://www.lifechangingformulas.com/?page_id=197 Here, they will be asked to input their email address, and once they submit their contact information, will have access to the 34 page book. Jim said that he is really excited with this publication and knows that it's going to help many people who have fallen victim to their own minds. Michael Bennett, a reader who downloaded the book, wrote the following testimonial,

"This information is truly life changing. Less than a year after reading the book I went from being overweight, down and unhealthy to winning an over 50s bodybuilding competition! These techniques helped me to eradicate fears and negative beliefs and programming that held me back for so long. I now feel more in

control of my life and emotions than ever."

A few of the topics that the free e-book will cover is the following: readers will learn about the 5 fears that hold most people back until the day they die, 26 subconscious human motivators that run a person's life, and the book shows simple breathing exercises to help rewire the way people experience fear, stress and anxiety, and many others. Jim Marshall however, stated the following warning,

"If you are close minded and looking for excuses why you cannot change and achieve everything you want in life - please do not read on. This is not for dreamers, excuse makers, blamers or anyone else who wants to change but refuses to believe it is possible."

He added that only those who truly want to take that huge step in their lives will be able to benefit from this book, which is the reason why he made that warning. He said that most people say they want to learn ways to improve the lives, but deep inside they just don't believe it's ever possible, and that in itself is the dictator of their failure thus far.

The book also goes into detail on various mind hacks. For example, one mind hack is a technique that will help people to trick their brain into thinking they are superhumanly confident, even if they are not. Another mind hack shows people a simple tool to change their beliefs by using a pen, notepad and the specific type of sentence.

Once people sign up for the free e-book, they will also be directed to another page that offers all readers a membership, which costs \$29.95 per month for 12 months. In this membership, readers will be able to obtain "breakthrough research", which according to the company providing the membership has proven that the mind can be changed and shaped to believe and act the way people want it to.

For those who are interested in downloading the free e-book, as well as obtaining more information about the membership, please click the following URL: <http://www.lifefirstresearch.com/?hop=mumdad1965>

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cosgrove publishing

I am an affiliate for Jon street who is part of the life first research team.

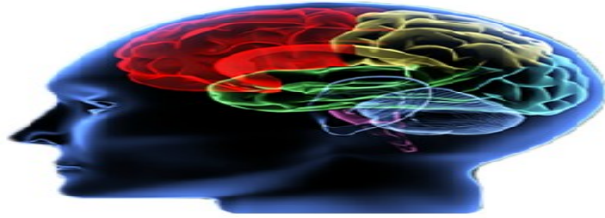
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Which is what this is all about. Making a living Helping people!

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