



Change Your Mindset Change Your Life: Create the Foundation for Developing New Habits for a Lifetime of Success and Happiness

A.M. Bochnak

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Change Your Mindset Change Your Life is a motivational, self-help book filled with actionable steps for people who desperately want to change their lives and achieve their goals. BONUS included! Companion book to help you take immediate action is available with both Kindle and print book versions.

NO FLUFF. NO NONSENSE.

This concise, to the point book provides a step by step process that you can start taking TODAY to transform your life into the life of your dreams. In four short weeks, you will identify: your deepest desires, evaluate your habits, create positive thinking, challenge your willpower, and reduce the distractions that hold you back.

After completing this journey, you will have all the tools necessary to create a strong foundation that will change your life.

Achieving goals only comes with change. It's not enough to say you want to change. You have to feel it, embody it, and then live it. This book is your answer. Create true life-impacting change that sets you on a new path of discovery, success, and happiness.

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Change Your Mindset Change Your Life: Create the Foundation for Developing New Habits for a Lifetime of Success and Happiness Details

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Loralee says

I enjoyed reading this self-help book by Dr. Angelique Bochnak. I could see that she had a great deal of experience and insight into the struggle that so many of us face, which is to change out bad habits for good ones. So many of us have bad habits that are dragging us down, whether it's spending too much time on the internet, not getting enough exercise, etc. In this book, Dr. Bochnak has provided some steps that will help people find the motivation to rid themselves of bad habits, and form new ones. I liked how Dr. Bochnak emphasized that in order to change, a person needs to WANT to change. Meaning he or she needs to do more than just wish to change, or think it would be a nice idea to change. He or she needs to internalize the desire for change, make it a part of himself or herself, and then WORK to make it happen.

This book also included many sections where the reader needed to write down thoughts, plans, insights, inspiring ideas, etc. in order to be an active participant in moving forward with his or her goals. I think this book would be useful when utilized in conjunction with the assistance a skilled life coach or counselor.

Some of the things that Dr. Bochnak wrote that I liked were:

"Consistency is the number one reason I have seen people fail...You can't have one great week and then slack off for a couple of weeks and still expect to achieve your goals."

I also appreciated: "It's more important to get it done, and to get it done right, than it is to get it done fast."

As well as: "It takes a strong foundation to create lasting change. And a strong foundation is created through consistency and discipline."

I would recommend this book for anyone who is looking to make positive changes in his or her life, and form (and keep!) good habits!

I received a free copy in exchange for an honest review.

Debra says

I enjoyed the book. I would recommend it to anyone who wants to make some positive changes in their life

Stjepan Cobets says

In this book, Angelique Bochnak every detail has been carefully worked out and polished. They just need to follow the advice that she gives in the book and will certainly Change Your Life. Advice provided in her book are simple and easy to follow, I like the statements of various personalities that she uses for certain situations. One thing is certain; if you are consistent and you follow her advice will certainly achieve success. I think it would be good for me personally, to use her advice.

"Copy provided courtesy of the author in exchange for an honest review."

251 Things To Do says

This was honestly one of the best self-help books I have ever read. Most self-help books are simply packed with philosophical anecdotes that get you thinking and then you forget a day later. This book is a hands on..DO IT NOW guide which actually works. Straight forward, to the point, no fluff. From how to create more self discipline in yourself, motivation, focusing and re-focusing, to continually building that solid foundation to success, and so many more critical life skills.

Gemma says

This is a Goodreads Giveaway book.

I read this book and found that it was easy to follow and made sense, by consistently following the method, it could result in helping to change the way of thinking, feeling and way you view yourself and life. I have now started working through the exercises. Currently on day 1 which I have been for a couple of days now as it is difficult to write and be completely honest with yourself in the questions you are answering. It's tough going, but hopefully it will be beneficial to me once I've gone through it all.

Therese Kravetz says

In this book, author Angelique Bochnak, creates a practical set of tools for readers to focus their goals and develop better habits to accomplish their goals. I enjoyed looking at Days 1 and 2 which contain writing exercises to assess your current life and set the foundation for the rest of the book. The author, Bochnak, then asks the reader to look at habits—the good, the bad, and the habits we want to form. She offers inspirational quotes and encourages the reader to find quotes to support the change in mindset. She asks the reader to keep track of each day's progress with an honest, structured feedback form. This book contains helpful tools in getting people to change habits.

I liked the suggestion to research successful habits in others. I did long for more stories or evidence of how this system created change in people's lives. Some of this was offered in the beginning of the book, however. The book is professionally written and proofread. The first half is new information, writing exercises and exercise worksheets. The second half of the book are copies of worksheets for the reader to keep progress of the mindset change. She offers a free pdf at the end for gaining motivation which is included in price and is a very nice bonus.

Page Larue says

This slim guide is a little basic and bare bones, which some will appreciate and others won't. However, either way, the information is oh so true. Most of us could probably use a little guidance in changing a habit or two.

A couple of phrases I especially liked:

“Having awareness of your negative thoughts is the first step to transforming your life.”

“Waiting is the worst thing you can do for your future.”

I also liked the week by week hands-on workbook approach. You’re guided through making your selected change/s and steered around pitfalls (like the very common one, “distractions.”)

The offer of a free downloadable companion workbook was a nice bonus. All that at the current ebook price of 99 cents is a heck of a deal.

This strikes me as something that would be wildly popular when New Year’s resolution time rolls around, although referencing one of the quotes above, waiting may not be such a great idea!

I received a free digital copy of this book in exchange for an honest review.

Margaret Standafer says

Change Your Mindset Change Your Life is a step-by-step self-help book geared toward those looking to make some changes and see results quickly. Dr. Bochnak has written a book that is easy to follow and that gets right to the point.

Right off the bat, Dr. Bochnak has readers taking an honest look at their lives, letting go of the past, and setting goals for the future. She stresses that it is important to know why you have the goals you do. It’s not enough to just decide, for example, “I want to lose weight.” If you don’t know why, it’s less likely you’ll follow through with that goal. Take some time to figure out what your motivation is for each goal. She also explains the importance of replacing bad habits with good habits and using a journal (part of the book) as a way to stick to those good habits. Another technique that is a favorite of Dr. Bochnak’s is finding and reflecting on inspirational quotes then using the quotes and your feelings about them as another motivator.

Change Your Mindset Change Your Life is a short book. Included is what’s necessary and beneficial. What’s not included are countless personal stories and technical data that can make many other such books much longer but no more useful. I recommend the book to anyone ready to make positive changes and who wants to get started right away.

I received a free copy of this book in exchange for an honest review.

Molly McHugh says

A very nice goal-setting book to help someone focus on making positive changes in their life. In general, it felt a little dry, with a lot of 'lists of numbers' that seemed a bit strange for an electronic publication -- BUT, the author Angelique does offer a free PDF companion guide which is excellent.

I just would have liked more detail in the writing, more examples, a little more depth. But all in all, a very nice workbook type of book for anyone who wants to make some clear changes in their life and needs a helping hand, a little guidance.

P.S. I love the book cover :)
