

stinking thinking

stinking thinking is a term often used to describe habitual patterns of negative thoughts and self-defeating attitudes that can profoundly affect personal well-being, relationships, and success. In this article, you'll discover what stinking thinking really means, its origins, why it's so damaging, and how it manifests in everyday life. We will explore common types of stinking thinking, the psychological impacts, and proven methods for overcoming these destructive thought patterns. Whether you're seeking to improve your mental health, boost productivity, or support others in breaking free from unhealthy thinking, this comprehensive guide will provide actionable insights and practical strategies. Read on to learn how to recognize stinking thinking, understand its consequences, and make positive changes for a healthier mindset.

- Definition and Origins of Stinking Thinking
- Common Types of Stinking Thinking
- Psychological Effects of Stinking Thinking
- How Stinking Thinking Manifests in Daily Life
- Strategies to Overcome Stinking Thinking
- Benefits of Replacing Negative Thought Patterns
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Definition and Origins of Stinking Thinking

Stinking thinking refers to habitual patterns of negative, irrational, or self-defeating thoughts. This mindset is closely associated with cognitive distortions, such as overgeneralization, catastrophizing, and black-and-white thinking. The term was popularized in recovery communities, particularly Alcoholics Anonymous, to describe the negative thought processes that often precede relapse and hinder personal growth. Over time, stinking thinking has been embraced by psychologists, therapists, and self-help experts as a way to address and reframe toxic mental habits. The origins of stinking thinking highlight its connection to poor self-esteem, persistent pessimism, and unhealthy coping mechanisms. Recognizing stinking thinking is the first step toward fostering a more positive and resilient outlook.

Common Types of Stinking Thinking

Understanding the various forms of stinking thinking is essential to identify and correct these patterns. Negative thought habits often fall into specific categories, each with unique characteristics

and consequences. By learning to spot these types, individuals can take proactive steps to challenge and replace them.

All-or-Nothing Thinking

All-or-nothing thinking, also known as black-and-white thinking, is characterized by seeing situations in absolute terms. People who engage in this type of stinking thinking often perceive events as either completely good or entirely bad, with no middle ground. This pattern can lead to unnecessary stress and conflict, making it difficult to appreciate progress or partial successes.

Catastrophizing

Catastrophizing involves imagining the worst possible outcome, even when it is highly unlikely. This form of stinking thinking exaggerates problems and fuels anxiety, often preventing individuals from taking productive action. Catastrophizing can erode confidence and increase feelings of helplessness.

Overgeneralization

Overgeneralization occurs when a single negative event is perceived as a never-ending pattern of defeat. People who overgeneralize may use words like “always” or “never” to describe setbacks, leading to a distorted view of reality. This type of stinking thinking reinforces negative self-beliefs and discourages resilience.

Personalization

Personalization is the tendency to take responsibility for events outside one’s control or to view external occurrences as a personal attack. This habit can contribute to guilt, anxiety, and strained relationships. Recognizing personalization is key to developing healthier perspectives and boundaries.

Filtering

Filtering involves focusing exclusively on the negative aspects of a situation while ignoring the positive. This pattern of stinking thinking can create an unbalanced outlook and foster chronic dissatisfaction. Learning to recognize and balance one’s perspective is crucial for mental well-being.

- All-or-nothing thinking creates rigid views.

- Catastrophizing heightens anxiety over unlikely outcomes.
- Overgeneralization distorts reality with sweeping statements.
- Personalization leads to misplaced guilt and blame.
- Filtering prevents appreciation of positive experiences.

Psychological Effects of Stinking Thinking

Stinking thinking can have profound effects on mental health and emotional well-being. Persistent negative thought patterns are linked to increased stress, anxiety, depression, and low self-esteem. When people consistently interpret events through a negative lens, it undermines their ability to cope with challenges and experience joy. The psychological impact often extends to relationships, work, and physical health. By recognizing the connection between stinking thinking and emotional distress, individuals can begin to break the cycle and pursue healthier coping strategies.

Impact on Relationships

Negative thinking patterns often lead to misunderstandings, defensiveness, and conflict within personal and professional relationships. Stinking thinking can cause individuals to misinterpret others' intentions and react with hostility or withdrawal. Addressing these thought habits is crucial for building trust and effective communication.

Influence on Productivity and Motivation

Stinking thinking can sap motivation and hinder productivity. When people believe that efforts are futile or success is unattainable, they may avoid taking action or pursuing goals. Over time, this mindset can lead to procrastination, missed opportunities, and stagnation. Overcoming negative thought patterns is essential for maintaining drive and achieving personal growth.

How Stinking Thinking Manifests in Daily Life

Stinking thinking is not always obvious; it often operates in subtle ways throughout daily routines. People may experience recurring negative thoughts about work, relationships, finances, or personal abilities. These patterns can surface during stressful events, disappointments, or even minor setbacks. Recognizing how stinking thinking manifests is the first step to addressing its influence.

Typical Scenarios of Stinking Thinking

- Assuming failure after a single mistake at work.
- Believing that a minor disagreement signals the end of a relationship.
- Interpreting constructive feedback as a personal attack.
- Focusing only on the negative aspects of a successful project.
- Feeling responsible for others' bad moods or decisions.

Triggers and Warning Signs

Common triggers for stinking thinking include stress, fatigue, conflict, and unmet expectations. Warning signs may involve persistent feelings of hopelessness, irritability, or self-criticism. Increased awareness of these triggers and signs can help individuals intervene before negative thoughts spiral out of control.

Strategies to Overcome Stinking Thinking

Overcoming stinking thinking requires intentional effort and proven techniques. Many strategies are rooted in cognitive behavioral therapy, mindfulness practices, and self-awareness exercises. By actively challenging negative thought patterns, individuals can cultivate a more balanced and resilient mindset.

Cognitive Restructuring

Cognitive restructuring involves identifying negative thoughts and replacing them with more realistic, positive alternatives. This method helps reframe situations and encourages rational problem-solving. Consistent practice leads to lasting changes in thought patterns and emotional responses.

Mindfulness and Self-Awareness

Mindfulness practices, such as meditation and grounding exercises, promote self-awareness and present-moment focus. By observing thoughts without judgment, individuals can reduce the impact of stinking thinking and respond with greater clarity and composure.

Positive Affirmations and Gratitude

Using positive affirmations and practicing gratitude helps counteract negative thought habits. Regularly acknowledging strengths, achievements, and positive experiences fosters optimism and resilience. These techniques encourage a shift from stinking thinking to constructive self-talk.

1. Recognize and label negative thoughts.
2. Challenge irrational beliefs with evidence.
3. Practice mindfulness to increase self-awareness.
4. Use positive affirmations daily.
5. Keep a gratitude journal to highlight positives.

Benefits of Replacing Negative Thought Patterns

Shifting away from stinking thinking can lead to significant improvements in mental health, relationships, and overall quality of life. Individuals who consistently practice positive thinking report greater happiness, reduced stress, and enhanced confidence. Developing healthier thought patterns also contributes to better decision-making, increased motivation, and improved resilience in the face of adversity. The benefits extend beyond the individual, positively influencing teams, families, and communities. By making conscious efforts to replace stinking thinking, people unlock their potential and foster a more supportive environment.

Summary and Key Takeaways

Stinking thinking encompasses a range of negative thought patterns that undermine mental health, relationships, and personal growth. By understanding its origins, recognizing common types, and appreciating its psychological effects, individuals are better equipped to address and overcome these obstacles. Proven strategies, such as cognitive restructuring, mindfulness, and gratitude, offer practical solutions for cultivating a healthier mindset. Replacing stinking thinking with positive, realistic perspectives creates lasting benefits and supports ongoing well-being. Awareness and intentional action are the keys to breaking free from these destructive habits and unlocking a more fulfilling life.

Q: What is stinking thinking and why is it harmful?

A: Stinking thinking refers to persistent patterns of negative, irrational, or self-defeating thoughts. It is harmful because it can lead to increased stress, anxiety, depression, poor decision-making, and strained relationships.

Q: What are some examples of stinking thinking in daily life?

A: Examples include assuming failure after a mistake, catastrophizing minor problems, personalizing others' actions, and focusing only on negatives while ignoring positives.

Q: How can someone identify if they have stinking thinking?

A: Common signs include frequent negative self-talk, feelings of hopelessness, overgeneralization, and a tendency to blame oneself for external problems.

Q: What strategies help overcome stinking thinking?

A: Effective strategies include cognitive restructuring, practicing mindfulness, using positive affirmations, keeping a gratitude journal, and challenging irrational beliefs.

Q: Can stinking thinking affect physical health?

A: Yes, chronic negative thinking can contribute to stress-related physical issues such as headaches, sleep problems, and weakened immune response.

Q: Is stinking thinking the same as pessimism?

A: While related, stinking thinking is more about specific negative thought patterns and cognitive distortions, whereas pessimism is a general tendency to expect negative outcomes.

Q: Are there professional therapies for stinking thinking?

A: Yes, cognitive behavioral therapy (CBT) and mindfulness-based therapies are commonly used to address and reframe stinking thinking patterns.

Q: How long does it take to change stinking thinking habits?

A: The timeline varies, but consistent practice of positive strategies can lead to noticeable improvements within weeks to months.

Q: What are the benefits of overcoming stinking thinking?

A: Benefits include improved mental health, better relationships, increased motivation, enhanced productivity, and overall life satisfaction.

Q: Can children experience stinking thinking?

A: Yes, children can develop negative thinking patterns, often influenced by environment, experiences, and learned behaviors. Early intervention is important for healthy development.

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Stinking Thinking: How to Identify and Overcome Negative Thought Patterns

Are you trapped in a cycle of negativity, feeling overwhelmed by self-doubt and pessimism? Do you find yourself constantly replaying past mistakes or anticipating future failures? If so, you might be suffering from what's often called "stinking thinking." This blog post will delve into the nature of stinking thinking, explore its detrimental effects, and equip you with practical strategies to overcome it and cultivate a more positive and productive mindset. We'll provide actionable steps and techniques to help you identify and challenge your negative thoughts, paving the way for a happier and more fulfilling life.

What is Stinking Thinking?

Stinking thinking refers to persistent negative thought patterns that distort reality, leading to feelings of anxiety, depression, and self-limitation. It's more than just occasional pessimism; it's a pervasive mental habit that undermines self-esteem and prevents personal growth. These thoughts can manifest as self-criticism, catastrophizing (assuming the worst), overgeneralization (drawing broad conclusions from single events), and personalization (taking responsibility for things outside your control). It's a subtle yet powerful force that can significantly impact your mental well-being and overall success.

Identifying Your Stinking Thinking Patterns

Before you can overcome stinking thinking, you need to identify its specific manifestations in your life. This requires self-awareness and a willingness to honestly examine your inner dialogue.

Common Signs of Stinking Thinking:

Constant Self-Criticism: Do you frequently put yourself down, focusing on flaws and shortcomings?
Catastrophizing: Do you automatically assume the worst possible outcome in any situation?
Negative Self-Talk: Do you engage in a continuous stream of negative inner chatter?
Overgeneralization: Do you draw sweeping conclusions based on limited evidence?
All-or-Nothing Thinking: Do you see things in black and white, with no room for nuance?
Emotional Reasoning: Do you let your feelings dictate your reality, even if they're inaccurate?
Mental Filtering: Do you focus exclusively on negative aspects while ignoring positive ones?

Keep a journal for a week, noting down any negative thoughts that arise. Pay close attention to the patterns and triggers. This will provide valuable insights into your stinking thinking habits.

Techniques to Overcome Stinking Thinking

Overcoming stinking thinking is a journey, not a destination. It requires consistent effort and a commitment to changing your mental habits. Here are some proven techniques:

1. Challenge Your Negative Thoughts:

Once you've identified a negative thought, question its validity. Ask yourself: Is this thought truly accurate? Is there another way to look at this situation? What evidence supports this thought, and what evidence contradicts it? Often, negative thoughts are based on assumptions and biases rather than objective reality.

2. Practice Cognitive Restructuring:

This involves actively replacing negative thoughts with more balanced and realistic ones. For example, if you catch yourself thinking, "I'm going to fail this presentation," you might reframe it as, "I've prepared well, and while there's always a chance of things not going perfectly, I'm confident I can handle it."

3. Cultivate Gratitude:

Focusing on the positive aspects of your life can help counterbalance negative thinking. Make a habit of regularly noting things you're grateful for, no matter how small.

4. Practice Self-Compassion:

Treat yourself with the same kindness and understanding you would offer a friend struggling with similar challenges. Self-criticism only exacerbates negative thinking; self-compassion fosters resilience.

5. Seek Professional Help:

If you're struggling to overcome stinking thinking on your own, don't hesitate to seek professional help. A therapist can provide guidance and support in developing coping mechanisms and changing negative thought patterns.

The Long-Term Benefits of Overcoming Stinking Thinking

Consistently addressing stinking thinking leads to significant improvements in various aspects of your life. You'll experience reduced stress and anxiety, improved self-esteem, enhanced relationships, increased productivity, and a greater sense of overall well-being. Overcoming this negativity opens the door to a more fulfilling and joyful existence.

Conclusion:

Stinking thinking is a common obstacle, but it's not insurmountable. By actively identifying, challenging, and replacing negative thoughts with more positive and realistic ones, you can reclaim your mental well-being and unlock your full potential. Remember, it's a process, requiring patience and persistence. Embrace the journey of self-improvement, and celebrate every step you take towards a more positive and empowered you.

FAQs:

1. Is stinking thinking the same as depression? While stinking thinking can be a symptom of depression, it's not the same thing. Depression is a complex condition with multiple contributing factors. Stinking thinking is a specific cognitive pattern that can be present in various mental health conditions.
2. How long does it take to overcome stinking thinking? There's no set timeframe. Progress depends on individual commitment, the severity of negative thought patterns, and the techniques employed. Consistency is key; expect gradual improvements over time.
3. Can medication help with stinking thinking? In some cases, medication can be helpful, especially if stinking thinking is a symptom of a more serious mental health condition like depression or anxiety. A doctor or psychiatrist can determine if medication is appropriate.
4. What's the difference between stinking thinking and pessimism? Pessimism is a general outlook expecting negative outcomes. Stinking thinking is more specific – it refers to ingrained, negative thought patterns that distort reality and significantly impact mental and emotional well-being.
5. Can I overcome stinking thinking without professional help? Many individuals successfully manage stinking thinking using self-help strategies. However, if you struggle to make progress, seeking professional help can provide valuable support and guidance.

stinking thinking: No More Stinking Thinking Joann Altiero, 2006-11-15 This workbook, developed after 23 years of work with children, is designed to help children change their 'stinking thinking.' 'Stinking Thinking' are ways children think that cause them to be anxious, depressed, angry, guilty, frustrated, embarrassed, insecure, or jealous. The exercises help children ages 6 to 12 years develop cognitive skills, positive thought patterns, and resilience to cope with daily hardships. The wizard theme is attractive to children and encourages them to interact with parents or therapists as they practice the concepts. Therapists and parents will find this workbook user-friendly, attractive, and fun. It is a valuable adjunct to cognitive behavioral approaches.

Children are fascinated with wizards and enjoy the exercises.' - Virginia Child Protection Newsletter

'This ingenious workbook, designed for use by psychologists, teachers or parents, is highly visual and interactive and could beneficially be used with individuals and groups of children. Based on the CBT approach, it encourages children to explore their negative thinking patterns which in turn enhances their ability to cope with daily challenges. The author has cleverly used the world of magic as a backdrop to each session, and children are enticed to become super thinking wizards as they learn to outsmart negative thinking.' - The Psychologist

'Joann Altiero's No More Stinking Thinking is a workbook for parents, teachers and therapists to teach children how to develop the cognitive skills and resilience that will help them to cope with daily adversity, including criticism, disappointment and bullying. Each lesson explains a different type of stinking thinking - from ignoring the big picture or jumping to conclusions, to making a big (or little) deal out of something - and teaches children how to spot and combat it. The book aims to teach children about the power of positive, healthy and confident thinking and assertive behaviours. A final exam and a graduation certificate are included. No More Stinking Thinking is accessible and fully interactive and an ideal tool for helping children develop positive thinking in an imaginative and exciting way.' - Afasic News

'This workbook aims to help those working with children teach positive thinking. Simple exercises encourage children to think about any negative views they may have about themselves and address them. Each chapter looks at a particular problem, for example jumping to conclusions. There are fun activities as well as exercises to summarise what has been learnt and children can work towards becoming a Super Wizard Thinker.' - ChildrenNow

'This book is written to help children combat negative thinking. The children work through the book with you and become a wizard of positive thinking! The idea of the book is very good and is written in a very light hearted manner. I would recommend this book to anyone who feels their child needs some help feeling good about themselves.' - www.ncma.org.uk

'This book is a workbook for parents/carers and children to encourage positive thinking. It is written in a friendly style, which makes it easy for children to follow. I particularly liked the lay out, it is in 6 chapters for steps to positive thinking and the pages are clearly laid out with lots of pictures and activities and spaces to draw your own pictures. The pictures complement the text well and make the chapters more fun. The activities are easy for the children to follow as well as making them think about what they have just read. I shall be using it in my setting and would recommend it to other childminders.' - National Child-Minding Association

'I think this workbook would be a useful resource for professionals, in particular teachers, who could use the exercises as discussions points when working with a group of children.' - Adoption-net.co.uk

How can children learn to combat negative thinking in a fun and constructive way? By applying to be a wizard of positive thinking, of course! Joann Altiero's No More Stinking Thinking is an easy-to-use workbook for use by parents, teachers, and therapists to teach children how to develop the cognitive skills and resilience that will help them to cope with daily adversity, including criticism, disappointment and bullying. Each lesson in this mental health wizard class explains a different type of Stinking Thinking - from ignoring the big picture or jumping to conclusions to making a big (or little) deal out of something - and teaches children how to spot and combat it. They are drawn into a magical world where they learn about the power of positive, healthy and confident thinking and assertive behaviors as they defeat the evil Lord Stinker and become Super Thinking Wizards. Exercises, a final exam, and a graduation certificate are included. Accessible and fully interactive, No More Stinking Thinking is an ideal tool for helping children develop positive thinking skills in an imaginative and exciting way.

stinking thinking: Stop That Stinking Thinking Laura Stack, 2012-09-13 Being negative really takes extra energy--energy you could otherwise be channeling into your favorite pursuits. Instead, learn to approach life with a positive, can-do attitude! In this eBook, Laura Stack, The Productivity Pro, will teach you how to cultivate tolerance instead of impatience; optimism rather than pessimism; and gratitude over an ungrateful spirit. To conquer your stinking thinking, you need to:

1. Stop negative thoughts in their tracks.
2. Create alternative mental pictures.
3. Understand what your anger is teaching you.
4. Douse the flames of emotionally charged situations.
5. Choose to

be an optimist today. 6. Look within for the source of your frustration. You will hear behavioral techniques to help you reverse low self-esteem and feelings of despair. You will feel more in control of your emotions. And you will find out how to spread positive energy and enthusiasm to everyone around you!

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every area of our life. Truth Therapy can be used in multiple settings, such as personal devotions, group devotions, small group study, discipleship, counseling, and in intercession.

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stinking thinking: Tgbtg omblivnju1027, 2010-01-14 Veronica A. Odum, a.k.a. omblivnju1027, is a child of Yahweh (God). She is the daughter to a mother who was a domestic engineer and a nurses aide. Her father was a steel worker. Veronica was born and still resides in Baltimore, Maryland. She is of the Methodist faith, a Methodist lay speaker, and the founder of the KISS (Keep it Spiritually Simple) Ministry based on the scripture Luke 10:2728. A graduate of Morgan State University, Veronica has been a teacher of mathematics for over twentytwo years. As a former senior sales director with Mary Kay Cosmetics, the motto, Ordering your life by placing God fi rst, family second, and career third is the belief this author stands by. She enjoys singing, songwriting, poetry, and abstract painting. Veronicas passions include games of strategy, ten-pin bowling, dancing (especially line dancing), a day on the beach, a good book, and a good movie (no horror). The International Library of Poetrys (ILP) Editors selected omblivnju1027 to participate in the Best Poems and Poets of 2007 Award. In 2008, Veronica became a distinguished member of the International Society of Poets (ISP). She is a recipient of three 2008 Editors Choice Awards. Also Veronica is the recipient of the 2008 Outstanding Achievement in Poetry Crystal Award Trophy and the 2008 Poets Merit Award (ISP). She has been married thirty-four years to a man of God, Vance, and through this union, a blessing in son, Verdine.

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stinking thinking: Stinkin' Thinkin': 37 Mental Mistakes, False Beliefs & Superstitions That Can Ruin Your Career & Your Life Dr. Gary S. Goodman, 2018-11-01 The US space program

faced a problem. Astronauts didn't have a pen that could write inside a zero-gravity capsule. NASA invested upward of \$1 million to devise a pen that could. Their rivals faced the same problem, but they solved it for less than a dollar. They decided to use a pencil. This story is emblematic of two styles of critical thinking and problem solving. America defined its quandary as a pen problem. Fix the pen became the marching order. Others defined the issue as a writing challenge, so alternatives were more likely to be considered and adopted. Most people lose friends, happiness, and career opportunities because they employ inadequate thinking skills and allow biases, false beliefs, and superstitions to govern their behavior. Even highly skilled professionals, such as physicians and attorneys, are not immune from bad thinking and runaway emotions. They can cost their clients fortunes and even their lives through poor advice and misdiagnoses. This unique program will help you to: Identify the strengths and limitations of your dominant thinking styles Consider various models for tackling common and unusual challenges Apply case studies and hands-on opportunities to use different methods to analyze problems and generate multiple effective responses Adopt easy methods for creating clarity in thought and written and verbal communications Take practical pathways to success

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Chapters are broken down to show how to practically address common issues such as challenging behavior, social-emotional learning, trauma-informed education, attachment theory, mindfulness, mental health and much more. Each chapter outlines these common challenges but also provides an abundance of practical tools that can be used to help. Written accessibly, and with tools which are easy to implement, *The Teacher Toolbox for a Calm and Connected Classroom* is an indispensable guide for any teacher.

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intentionally choose what you think and empower yourself with better thought selection Practical advice on applying simple, doable principles - from making purposeful choices to the joys and successes experienced from mindful, productive thinking - that works every time you choose to use Gives insight into the troubles that come from negative, unproductive thinking and offers fun tips plus powerful messages that will change and improve the quality of your life for the rest of your life Unique illustrations and examples help you to expand your thoughts to higher ground automatically allowing more positive, productive thoughts What Are You Thinking? Is more than a one time read: It becomes your personal reference book for a more creative, exciting life. A book to share with family and friends Bottom Line - When you apply the principles found in What Are You Thinking?, you will always be glad you did. When you don't, you will always wish you had! A book Simply written with a Powerful message

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time in the Lord. You may laugh. You may cry. You may be challenged by the challenging nature of some of the teachings; but above all let the stories soak in and satisfy you! May you get hooked on Jesus, hooked on this book and hook some friends for Jesus today!

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and most of all how the enemy works. It will give you pure Revelation in this game you call life and much more. In all your getting, get understanding (Proverbs 4:7). This book will help you gain a clear understanding of revelation and how God has everything you need to fight the enemy. You will see how God has empowered you not to lose but to succeed and how to be living proof of the word of God to other people. Revelation From God is a spiritual and reality book. It is the real deal coming straight from the Almighty God. This book is going to stand out, it has pure revelation that deals with many subjects not just one. There is something in this book for each and every one of us and it is an easy read. There is no need for big talk because Hell is not a big word. Whatever you are dealing with there is something in this book that can help you deal with it. I hope I can reach out to someone, and I pray to God that this book touches someones soul and save them from the pits of Hell. If I can save or touch one person, I have done my work. Your job is what they pay you to do; your work is what you are called to do. Your work is not your job; it is what you were born to do. They can fire you from your job but they cannot fire you from your work. Never be a quitter, push through the pain. No pain no gain; you will live again in Heaven. Revelation from God will inspire you with teaching and encouragement, and well-being from Joey and Samantha Cody. This book will give you miraculous power and divine intervention. You are not a failure when you fall, you are only a failure when you quit. This book will keep you walking right with God. Allow this book to be a part of your life, like Jesus is. Let this book shine in your everyday life. This book will bring you peace, insight, inspiration and wisdom when you are against the enemy. This is the first of 10 books that will bring forth pure revelation.

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followed Dr. Heird all those years. His personal healing has led to the creation of a system of strategies for recognizing the warning signs - whether in yourself or others - and overcoming any addictions, along with the fear and self-doubt that feed them. In this entertaining and inspiring true-life account, and through his Prescriptions For Awareness healing program, Dr. Heird proves beyond a doubt that NOBODY is entirely above the reach of addiction, and no addict need ever feel doomed to remain forever within its grasp.

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most of your God-given talents which many of us don't take advantage of. Take the best of what you read in this book, comprehend it, use it and make something out of your life

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