



# **Mind Traps: Change Your Mind, Change Your Life - A No-nonsense Strategy for Personal Growth**

*By Tom Rusk*

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Following on from "I Want to Change But I Don't Know How", this book offers a new approach to the pursuit of self-understanding and personal change. Mind traps are self-defeating attitudes which interfere with people's lives and stop them enjoying life and being successful there are many different types such as the "biased against myself" traps, the "people don't change" traps, the "jealousy", "shy" and "lonely", "fear of failure" and "success" traps. Escape routes are suggested for the different types of mind traps and a self-change programme is provided to help escape from them. The final chapter has step-by-step directions to enable the reader to help use this book to grow.

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