



# The Mind-Made Prison: Radical Self Help and Personal Transformation

*Mateo Tabatabai*

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# **The Mind-Made Prison: Radical Self Help and Personal Transformation**

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The Mind-Made Prison is a highly effective self help and personal transformation guide.

It takes you on a breathtaking journey through your psyche and shows you the exact things that are currently causing you pain and how you can remove these elements from your life.

It is a **MUST** read for anyone interested in self development and self actualization.

By using the authors proven techniques of personal transformation, you can literally learn to design your life in any way you want.

By applying the teachings you will learn how to overcome any negative emotion, understand how your unique operating system functions and experience natural self confidence in your daily life.

The mind-made prison is one that we are all caught in either knowingly or unknowingly and this comprehending guide explains how you can finally escape the iron grip of this prison.

About the Author

At just the age of 24, Mateo is a Global Management Engineer, an entrepreneur who has started several successful companies and a Best Selling Author. He has specialized himself within the areas of personal transformation, self confidence and constant self development.

He has over 7 years of experience as a Seminar Speaker and Coach and has spent the last 4 years travelling the world and honing his skills by meeting masters in different fields of self-improvement.

He is currently studying to get a masters in Psychology and has dedicated his life to the study of human potential.

## **Finally A Self Help and Self Esteem Guide that actually works**

- Is your mind causing you pain and suffering?
- Do you feel like it is a constant struggle to work towards your goals?
- Are there thoughts and patterns holding you back that you just can't seem to identify?
- Do you avoid going for your dreams because of reasons that you know make no "logical sense"?

# **This book is Designed for anyone who wants to take the quality of their life to the next level**

- You will get a detailed understanding of how your psyche and beliefs function.
- You will learn 2 highly effective methods for identifying limiting beliefs and emotions that are currently stopping you.
- You will learn how to permanently delete and eliminate your current limiting beliefs.
- You will learn a very powerful method for installing new and empowering beliefs into your psyche.

## **How much would the quality of your life improve, if you could learn to let go of everything that is holding you back?**

The Mind-Made prison is a must-read for anyone interested in the areas of self development and self esteem. By using the authors proven techniques of personal transformation, you can literally learn to design your life in any way you want.

## **This book will save you from going through life without ever truly tapping into your full potential**

The Mind-Made prison is one that we are all caught in either knowingly or unknowingly and this comprehending guide explains how you can finally escape the iron grip of this prison.

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