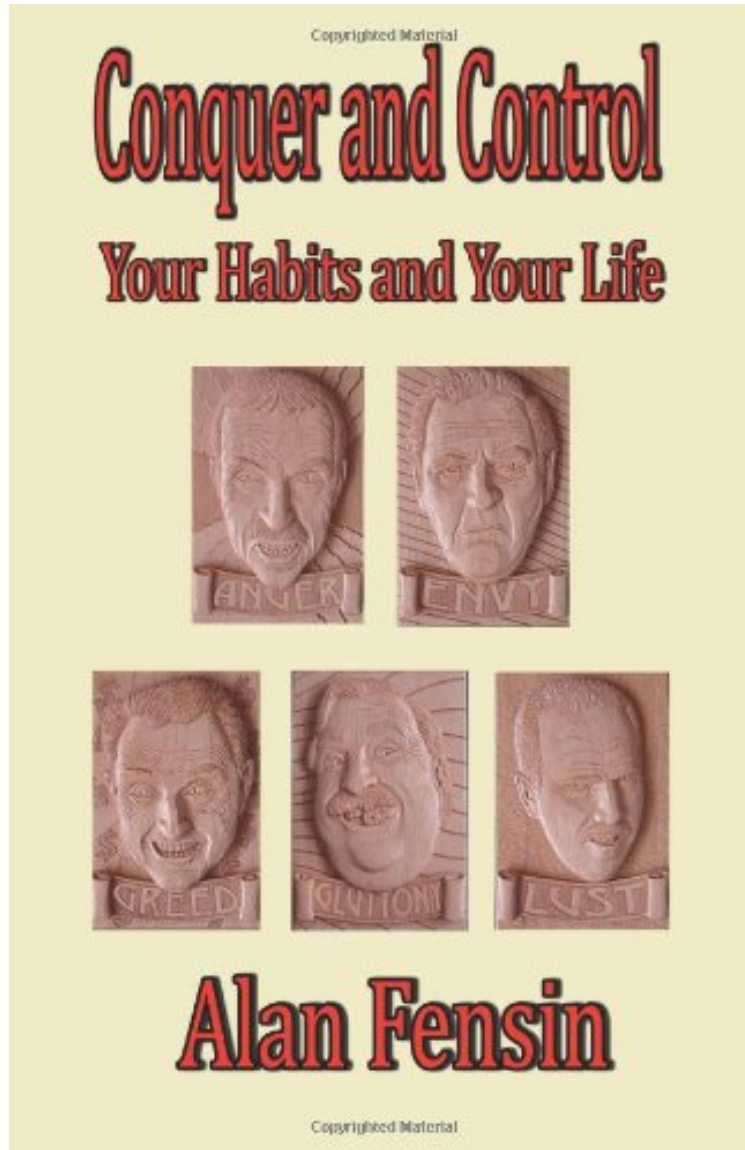


Conquer and Control: Your Habits and Your Life

Mr. Alan Fensin

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Mr. Alan Fensin : Conquer and Control: Your Habits and Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Conquer and Control: Your Habits and Your Life:

1 of 1 people found the following review helpful. Excellent Advice on How To Conquer Your Bad HabitsBy Rebecca of "What we continually think about eventually will manifest in our lives." ~ Robert CollierAlan Fensin has written and especially helpful guide that teaches you how to control your subconscious mind. The method is very simple and straightforward and is explained at the start of the book. You can read this information and then jump to any of the

other chapters that deal with a habit you want to control. Basically this book teaches subconscious mind reprogramming. In this book you will find information on how to overcome gluttony, alcoholism, drug addiction, anger, lust, greed and envy. The author encourages the reader to only think positive thoughts. He also tells you important things like how anger can cause heart attacks and why marijuana is worse than cigarettes as far as cancer goes. These types of things are important if you want to stay alive for a long time. This is one of those books where you will want to highlight something on each page. There is so much wisdom and helpful advice. I found it very enjoyable to read. You will have many moments of enlightenment while reading this book. If you want to overcome bad habits this book is a good place to start. ~The Rebecca Review I received a free book in exchange for a review. This review is my honest opinion.

This book gives you the practical skills necessary to free yourself from the bad habits that now control your life. If you want to lose weight, end alcohol or drug addictions, solve anger, sex, money or envy problems then this is the book you have been waiting for. The book starts with habit change science. Next it explains how you can reprogram and take control of your subconscious mind to change your habits and your life. Finally there is a chapter using the latest developments on each of the life destroyers with important details about that particular problem. The strategies in this book will help you reach your goals and solve addictive behavior that will improve your entire life. When people admit that they are controlled or addicted to something and they become sick and tired of the addiction they try using their willpower to give it up or cut down on the amount they use. Often they can go months without their addiction but sooner or later it returns. This book uses a different way to stop addictions. We use subconscious programming to change the habits that cause the addictions.

About the Author Alan Fensin began his career with Boeing and NASA in the early days of the American space program. He was a key member of the Apollo rocket design team that successfully put a man on the moon. As an electrical engineer, Alan helped design many of the critical elements used in the electrical system of the Saturn 5 moonrocket. Returning to school in 1976, he earned an MBA from Tulane University majoring in Behavior Analysis. During the early 1990s he discovered the Conquer and Control concepts and this system for using the subconscious mind to change unwanted habits. He believes that this knowledge changed his life, exposing and dealing with problems that had previously limited his growth. He has been a lecturer and writer for the last twenty years.