

Tips on How to Stop Lying (Science of Living Series Book 16)

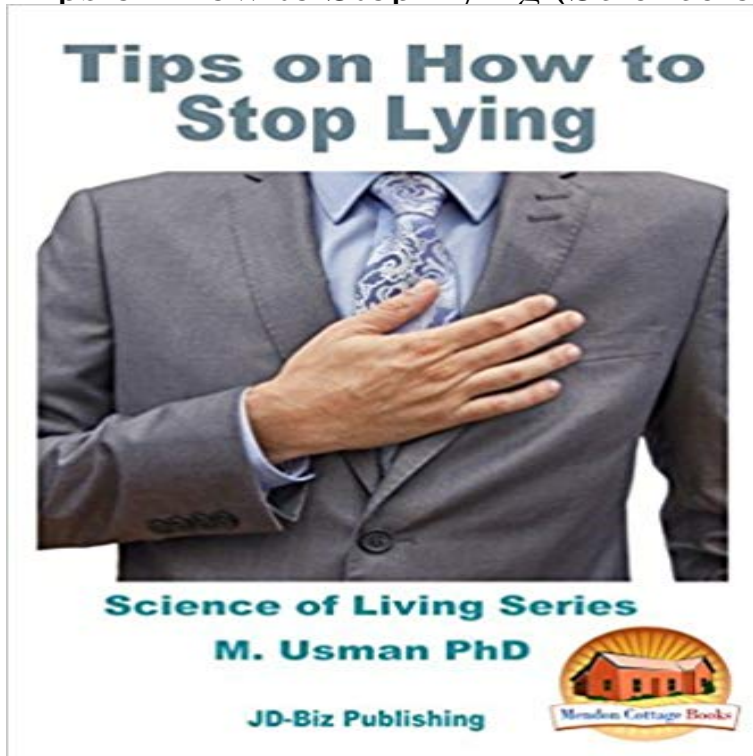


Table of Contents Preface How To Spot A Liar Chapter #1: Lie Spotting Chapter #2: Patterns of Deception Chapter #3: Identifying Deception Hot Spots Why Humans Lie and How To Stop Chapter #4: Why We Lie The Pattern Behind Self Deception Conclusion Photo Links About the Author Publisher Preface I want to thank you for downloading the book, How To Stop Lying. With this book youll be able to do away with the enslaving negative habit of lying: Youll be able to stop this habit which more often than not, prevents you from realizing your true potential and achievements in life. As much as you may not believe it, but the roots of the trait of lying start right after we are born, when as a child you decide to falsely alarm your mother of father because you seek some attention, thus you decide to cry aloud or do something more dramatic, like scream in order to get their attention. Lying is a trait that we develop by our own selves as we grow older; it involves both actions as well as words. This book is an ultimate guide that introduces you to the world of lying which you can be sure will help you understand why you need to do away with this habit if you are to realize any great achievement or real success in your life. Just like any process in life, we all know that developing something worthwhile in life requires a step by step process; the same ideology also applies when you want to break a certain habit that is pulling you back in life. This process is made effective when one follows a set of positive guidelines thoroughly. Its no secret that much of what we do or say in life can either build us or break us and the truth is that, it is within your power to shape the kind of life that you want; if you are determined to stop telling lies and turn back to truth and positivity, then that is also possible, but only if you are determined. The first step to making a difference in our lives is by changing our

habits and most importantly our thoughts because these usually influence the paths we take. Much of what lying does is to simply scheme your way to achieve a specific objective and ensuring that you actually avoid any trace of truth whilst you're at it. The main aim of this book is to ensure that you have a clear understanding how the negative habit of lying actually affects you; it also enlightens you on how you can effectively get rid of this dissolute, self-indulgent habit. A habit is referred to as a routine or behaviour that a person repeats regularly and in most cases occurs unconsciously. It is generally a fixed way of thinking, feeling, and is usually acquired through repetition. At times we never really know what we could be doing wrong but when you take some time and analyze yourself you will realize that there are some habits that may be a real drawback in you making progress in life, lying is one such habit. The best way to get rid of a habit is by removing it completely from your daily routine until every part of you gets used to its needlessness and then it'll slowly begins to fade away naturally. This book will take you through several elements that are going to be very beneficial as it covers all that you need to know when it comes to the trait of deception. We live in a world that is full of liars and circumstances or situations that force us to lie at times but one can decide to avoid this path of lies, as it only leads to more lies; through positivity, it is the hope of the author that the reader will be able to live a more fulfilling and satisfying life that is not deceit-driven. It is also the hope of the author that you will be able to go through this book and understand all that is laid out for you because this book offers a life changing experience for you.

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