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Nota di contenuto	Intro -- Title page -- Copyright page -- Table of Contents -- Foreword -- Making bad choices and decisions -- What is Conscious Behavior -- Getting Over the Past and Embracing the Future -- Changing Your Approach to Life -- Fixing Relationships -- Making Peace with Yourself -- Dealing with Anger and Anxiety -- How to Overcome Depression -- Changing Your Habits -- Practicing self-control -- Making Wise Choices -- Changing Direction For a Better Life -- Replacing Negative Thoughts with Positive Ones -- Stop Being Lazy -- Unleashing Your Potential -- Learn to Take Action -- Finding Motivation -- How to Stay in Constant Change -- Discovering Your Emotional Intelligence -- Final Thought -- Appendix A -- Appendix B -- About the Author -- Connect and work with author -- Notes.