



Secrets of the Black Belt Mindset: Turning Simple Habits Into Extraordinary Success

Wil Dieck

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For most people the term “Black Belt” brings up fantastic images of people doing amazing physical feats with their bodies. Boards snap into pieces and opponents fly into the air, as the Black Belt’s hands and feet strike precisely at speeds that are too fast to follow with the naked eye. These images can make you believe that a Black Belt is somehow bestowed with supernatural powers and it’s because of these gifts that they can easily accomplish these superhuman like feats. But nothing could be further from the truth. While there may be some people who earn a Black Belt that are more physically talented than others, the vast majority of Black Belts obtain this coveted title through the habitual use of simple tools that help them control the way they think. It’s this way of thinking that takes them to success, not just in the martial arts but in every area of their life. This way of thinking can be broken down into simple mental tools that can be developed and utilized by anyone, whether they study the martial arts or not. In this book you’ll discover:

- Why your present beliefs are holding you back and how to create empowering beliefs the same way Black Belts do...
- How fears keep you from going after your dreams and how you can use the same techniques Black Belts use to push aside those fears...
- A Black Belt technique you can use to get yourself to take massive action...
- How Black Belts build a burning desire and how you can do the same thing to drive you directly toward success....
- What Black Belts do to keep them from quitting and how you can use this technique to overcome any obstacles in your way ...
- How to continue to grow in mind, body and spirit throughout your life....

This book doesn't only tell you what should do; it also gives you easy to follow, practical exercises that can help you make these tools a permanent part of your life. You can use them to overcome any challenge you face as easily as a Black Belt slices through a board. They can also give you the courage you need to take on new, difficult projects, go after the job you want or the find the relationship of you long for. You can use these tools to develop the life of your dreams.

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