



Experiments in Personal Change: Transform Your Life

Thomas J Carroll PhD

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Make 2016 a Great Year! This is your life; make the most of it. This book will show you what to do to take the control of your mind and your life. "Failure is a few errors in judgment, repeated every day. Success is nothing more than a few simple disciplines, practiced every day." - Jim Rohn It's the small things that you do that create habits which can change the course of your life. Ideas in personal development are of limited value unless you act on them. This book is about taking six key personal growth areas and experimenting with them in your life. The experiments are written in such a way to make them actionable so that you can put them to the test and observe the results yourself. The information contained here is designed to be short and easily digestible. If you read this book and take action by trying out the experiments in your own life and reflect on the results, then you will gain knowledge that can change your life for the better. "Success is the sum of small efforts, repeated day in and day out." - Robert Collier Thomas Carroll used many of the strategies in this book to achieve the challenging goal of obtaining a PhD, which he wrote about in his previous book, *Monkey On My Back; Personal Reflections on Doing a PhD*. He later achieved his goal of becoming a Life Coach and Hypnotherapist by adhering to the simple experiments taught in this book. He has helped to guide many on the path to self-achievement. He has found that when you take risks and launch yourself into the unknown in pursuit of a bigger vision of yourself, opportunities come to you unexpectedly. "I wish I'd had the courage to live a life true to myself, not the life others expected of me." - Bronnie Ware, *Top Five Regrets of the Dying*

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