



# The "Rocket Fuel" MIND DIET: What you feed your mind - Fuels your life!

*Philip Martin*

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## **The "Rocket Fuel" MIND DIET: What you feed your mind - Fuels your life!** Philip Martin

What you feed your mind will have a significant effect on your outcomes. The mind is a goal-seeking device that is programmed to create your reality. All aspects of your health, wealth and happiness begin with a thought or an idea in your mind; because we have free will to choose our thoughts we therefore have control over our lives ~ should we decide to exercise this control. However, if you do not give your mind clear instructions, it will just pick up on the strongest signal it is receiving (which in most cases is negative and confused) and act upon that. In computer speak we're all familiar with the saying 'garbage in; garbage out' and this is just as true when it comes to our mind. In other words, although our mind has the capabilities to create our heart's desire, this must be clearly communicated - by YOU to your mind. Your MIND DIET seriously impacts on your mental and physical health and on any results that you strive for, so it's important to get your MIND DIET right! The "Rocket Fuel" MIND DIET presents you with a mechanism for change that enables you to transcend your current limitations. This book takes an in depth look at the inner workings of your mind and shows you how to break the thinking patterns that prevent you from fulfilling your potential.

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