

# Opened subconscious mind: How to influence yourself and others. Training book

Do you want to understand what is going on inside your mind, and how it happens? Who helps you to make decisions and why? Why are your decisions not always the best ones? Is it possible to make no mistakes at all?

The new book by Aleksandr Sviyash will help you to understand these matters.

The secrets of the subconscious mind are revealed for the first time ever. To be more precise, for the first time subconscious mind operation pattern is given in a simple and easily understandable form. Its structure and basic functions are shown, and this lets you learn to influence your subconscious mind more consciously. Now you will be able to get a sense of how to replace a negative mindset with the positive one. Moreover you can make this process thousands times easier using the contemporary progress in science!

This book shows the model of emotional genesis and conversion from one to the other. It is explained what is going on while you contain your emotional stress. It will become clear why bad emotions remain in your body and the good ones pass into nothingness.

The book suggests you practical tips how to get rid of your emotional mess and make your body remain emotionally clean and joyful. All the new ideas are supplied with practical tasks – this is not only a book, it's a training guide too!

Having read this book you will become an expert in influencing yourself and others.