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mind runs away with itself; being aware of warning signs,
such as worry and fear, will give you more control over what
to do with the thoughts before they escalate into a myriad of

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mentally, a mental prison of their own making, the mental
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keys within you to escape, a prison break must take place, let the one you want to be break you free from the cell of conformity that wants you to remain who you are, project your mind forward and see the self-made successful entrepreneur that you want to become, that individual, that vision, that dream is ...

Imprisonment Of The Mind | AwakenTheGreatnessWithin

The mind-made prison is one that we are all caught in either knowingly or unknowingly and this comprehending guide explains how you can finally escape the iron grip of this prison. About the Author At just the age of 24, Mateo is a Global Management Engineer, an entrepreneur who has

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