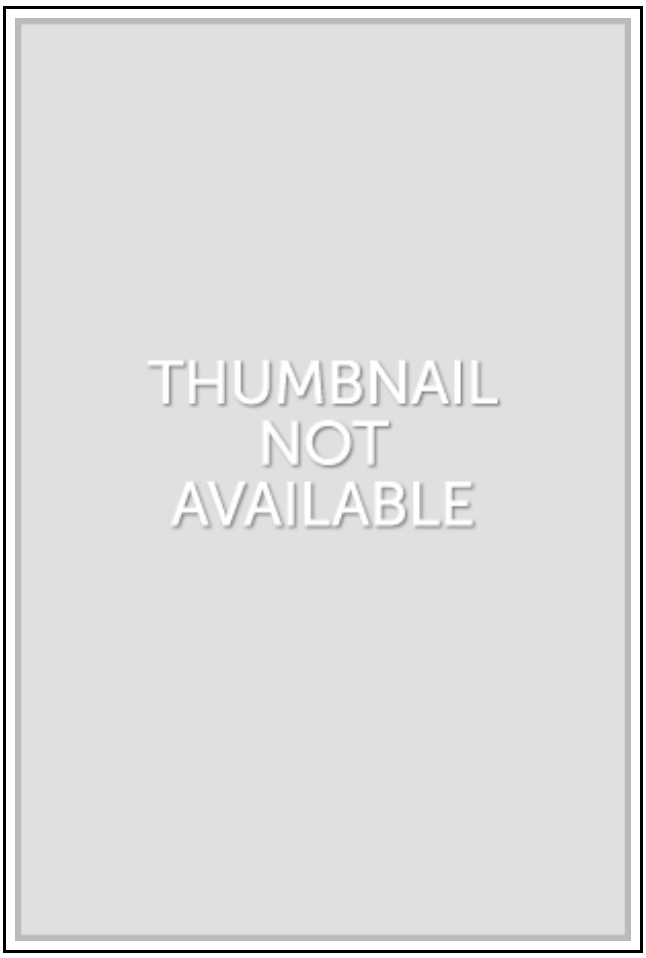
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Applied Psychologist Erik Hans Holwerda takes you on a trip through the psychology and neuroscience of successful and self-sabotaging behavior in the no-bullshit and no-fluff filled "Dr. Mindset Mr. Resistance" where youll learn how to: Achieve your goals and dreams Develop unstoppable discipline Skyrocket your performance Stop your self-sabotaging behavior Be a happier person Deal with obstacles and failure Be the best version of yourself On his journey from being a 238 lbs. fat kid at the age of sixteen to a sick and anorexic looking 156 lbs. guy in this twenties, he learned the practical side of successful and self-sabotaging behavior. This didnt only apply to the battle against body fat, but to many areas in personal and professional life. The study of applied psychology led him to the scientific research and theory side of human behavior. Now armed with practical and theoretical knowledge he gives you the tools to achieve your goals and dreams.

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