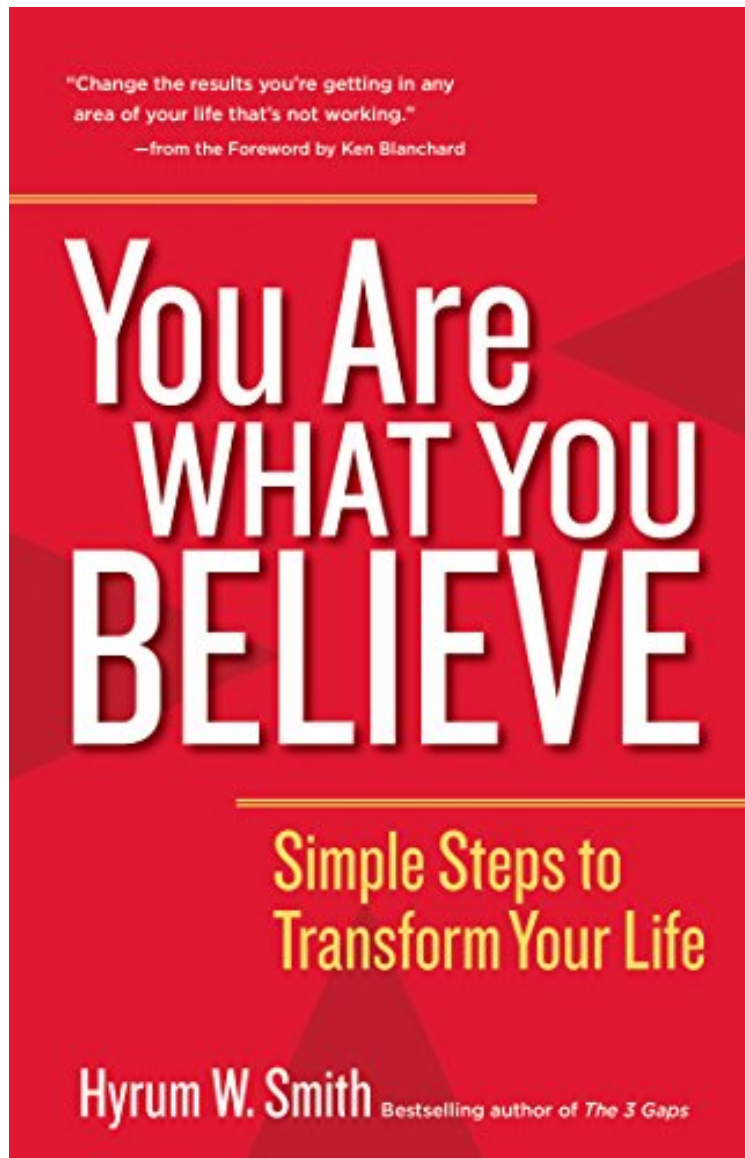


(Mobile book) You Are What You Believe: Simple Steps to Transform Your Life

# You Are What You Believe: Simple Steps to Transform Your Life

*Hyrum W. Smith*

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**Hyrum W. Smith : You Are What You Believe: Simple Steps to Transform Your Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised You Are What You Believe: Simple Steps to Transform Your Life:

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and was searching the airport shops for something to read. I picked this up, and the title made me think it was more of the same old "positive thinking" self help advice that has been done hundreds of times, But it is not that at all. It is an explanation of why you do what you do, and how to change it if you're not happy with the results you're getting, in any area of your life. It is a quick read (84 pages) that packs a lot into a small space. There is not a lot of fluff and filler. The author recommends you take notes, and I did, extracting 10 pages of notes out of those 84 pages. The techniques work, and I have already noticed changes in myself, after only a few days. A previous review gave the book 3 stars, based not on actually reading it, but looking at the table of contents and declaring it is the same thing that's in all of the author's other books. I have not read those other books, so I can't speak to that criticism. But I highly recommend this book for its simplicity and effectiveness. 0 of 0 people found the following review helpful. Wonderful By Kindle Customer Very helpful. Full of new and easy ideas. I found it very useful.

**Change Your Beliefs, Change Your Life** We all have times in our lives when the results of our behavior don't seem to be meeting our needs. In this new book, Hyrum Smith does two things that are invaluable to people who wish to make their lives less painful. First, he reveals, through a clear and simple model, how we get to the point where our behaviors cause these kinds of problems. Then, with a simplicity that is impressive in itself, he describes the steps we must take to identify and rectify the beliefs leading to our painful behavior. The result is a powerful process for transforming your habits and relationships and achieving lasting personal and career success.

“Insightful, inspiring, and ingenious! You'll look up from the last page of this book and see a very different world.” — William B. Caldwell IV, Lieutenant General, US Army (Retired), President, Georgia Military College, and former Commander, 82nd Airborne Division  
“Hyrum Smith takes you clearly, cogently, and compassionately through the steps necessary to create lasting, positive change. He becomes your wise and caring friend, who will assist you in breaking through to extraordinary results.” — Richard H. Brown, international business executive and former CEO, Electronic Data Systems Inc., Cable and Wireless PLC, and HR Block Inc.  
“Hyrum Smith has done it again! If you are new to Hyrum's work, prepare to be challenged, impressed, and, above all, improved by reading *You Are What You Believe*.” — Linda Eaton, Executive Vice President, Director of Instruction, Cannon Financial Institute  
**About the Author** Hyrum W. Smith is a distinguished author, speaker, and businessman. He is the cofounder and former Chairman and CEO of Franklin Covey and the cofounder of 3Gaps, a personal and organizational training company. He is also the author of several nationally acclaimed books, including *The 10 Natural Laws of Successful Time and Life Management*, *What Matters Most*, and *You Are What You Believe*. When it comes to making a radio commercial, Jeff Hoyt has worn all the hats. He's written, produced, and/or voiced thousands of commercials for every category of client from coast-to-coast. Fun, professional, and efficient are three adjectives that frequently wind up in the same sentence with Jeff's name.