



## It's All In Your Mind

*Lindsey Sharratt*

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**How did your self-concept develop? Were you born the person you are today, or are you the product of your learning experiences? And if you're not happy with the result, do you just have to live with it, or is this something you have the ability to change?**

While everyone understands that past experience has affected their life, many people underestimate how much it influences beliefs, emotions and attitudes in the present. We define ourselves in terms of our memories; even those that we don't consciously recall. The product of those memories is stored in the mind, and controls what we remember, the things we believe, and the way we react. For people struggling with challenges, frustration, lack of direction, poor confidence or low self-esteem, this can often be the source.

"It's All In Your Mind" explores the psychology behind how we become our current self, and the reasons why some people are happy and fulfilled, while others never manage to achieve that state. Drawing on a number of fields of psychology, this is a simple, easy-to-follow roadmap for those who want to understand the link between the mind and its product, the quality of our lives – and to build a better system of beliefs and emotional reactions

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