



# The Secret of Creating Your Reality: A Guide to Live a Flourishing Life

*Grace Scott*

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## Changing Your Thoughts Can Change Your Reality

A lot of us are skeptical on the idea that " **We Create Our Reality** ", because most of us are not aware that we are the one who give meaning to everything that have happened to us. The biggest challenge for most of us is figuring out how to be fully aware of our own thoughts. It's only when we are capable of understanding our own thoughts and beliefs, then we can start to improve our overall quality of life. In *The Secret of Creating Your Reality*, Grace Scott will introduce some very important topics which are extremely crucial in order for us to live a passionate life. **The Herd Mentality** - It doesn't matter if you are aware of it or not, but most people are influenced by their peers to adopt certain behaviors, follow trends, and/or purchase items to fit into the society. In this chapter, you will find out how the herd mentality can affect you in an extremely negative way. **Your Emotion is the Compass** - We'll discuss on how our emotion is like a compass. It always guides us to the right path. Most are people just suppressing their emotions and follow what the majority of the people do which lead to depression at the end. **You are the Creator** - In this chapter, you will find out how you can refocus your thoughts, energy and resources on the things that matter the most to you, so you can begin to see the world with a completely different lens. In this powerful guide, you will learn exact steps to improve your life by understanding our perceptions, thoughts and emotions. You will begin to find out what it really means to create your reality. It's time to take back the control of your life and start your journey towards a better, happier and more purpose-driven life.

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