Rustam Ksenofontov

**How to tame your demons**

# And become the master of your thoughts

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This book is dedicated to the heroes looking for their place in the world. Its goal is to teach the reader to control their inner attention and shift it as necessary: e.g. from the negative focus to the positive one or from the slackness to efficiency. By controlling attention one can learn to shift their thoughts from the category of kings to the category of loyal servants and then (only then!) one will be able to act according their true desires without reference to their fears and quirks.

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Thanks to my students - I have learned from them a lot while working as karate trainer for 20 years. Thanks to my friends - you supported me, when i was writing this book, and that gave me strength to continue.

Also I`d like to say thank you to all the people who helped me with the creation of this book. And I express my respect to all the readers, especially to those, for whom this book becomes useful.

## AUTHOR’S NOTE

My congratulations and excitement, dear reader!

You`re reading this book and that means you have decided to find the way to fulfil your dream. Probably, you have already understood, that this way is not easy; but only by overcoming challenges you can achieve the best results.

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The characters of the book are fictional, but techniques and tips are very real. The book is done as an exciting story, what helps to process information easily (I will go so far as to say effortlessly). The special book size allows to make important notes right there, what makes it convenient for self-study.

As long as positive habits will not become ingrained in everyday live, the book will be a loyal helper and trustworthy friend.

I am happy that I have the opportunity to share experience and knowledge that will help to realize your natural potential. Enjoy your reading and successful learning of all useful skills, that mentioned here. They help you to tame your demons (fears, bad habits limiting your beliefs) and make them into your allies on the way towards dream.

*Sincerely, the author*