**INTRODUCTION**

You must learn a new way to think before you can master a new way to be. —Marianne Williamson

Y

our thinking has created the life you have. Is it the life you want? Self-defeating thoughts sabotage our health, wealth, and relationships. We weren’t meant to live bland … burned out existences. Living below God’s audacious plan has your frustration sizzling … and your passion fizzling.

*Mind Moxie* is the key to your freedom. *Mind Moxie* was written to help you understand the bondage of faulty thinking, and to guide you through the steps to imagining your “ideal” life.

If you struggle with negative thinking, you're not alone. This book is based on personal experience, backed by Scripture, and supported by scientific research. Cognitive neuroscientist Dr. Caroline Leaf says, "Thoughts are measurable and occupy mental 'real estate.' Thoughts are active; they grow and change. Thoughts influence every decision, word, action and physical reaction we make."

*Mind Moxie* was written for people who feel powerless, overwhelmed, and defeated. It will help you gain control over your life while you learn to discipline your thoughts.

*Mind Moxie* has been proven to create life change. Pastor Bob Perry from Las Vegas said, “I found *Mind Moxie* full of the essential tools to equip any serious seeker of success.” Each victory-inducing chapter unfolds new strategies to strengthen your thinking.

We promise—if you implement the *Mind Moxie* mindset you will gain power over your life. You will be happier, healthier, and more purposeful. You don't have to live another day feeling discouraged.

Unlock the three keys to changed thinking and you will change your life:

1. *Imagination:* Unlock the power to create your ideal future.
2. *Meditation:* Unlock the power to focus and connect your goals to the Word.
3. *Confession:* Unlock the power of your words to speak life.

See yourself strong in spirit, soul, and body:

May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he’ll do it! (1 Thessalonians 5:23-24 MSG)

Develop *Mind Moxie* and master what's mastering you.