



# **Your Higher Self Made Easy: A Quick and Easy Guide to Becoming Free of Negativity (Transform Your Thinking Book 1)**

*Wendy Hedrick*

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## **Your Higher Self Is Within Your Reach**

You came into this world a fabulous person. If you see yourself as anything less now, it is only because of the negativity you have accumulated. Every negative thought, word, and action works against you. None of it is harmless. Shed the negativity, and a fabulous person will once again emerge.

Sound like a tall order? It's not. It is simply a process. This book is dedicated to showing you that process in order to reveal a better you and, in turn, a better world.

### **Below is a preview of topics covered in this book:**

- The Influence of the Ego
  - Supervillain versus Superhero
  - Getting a Handle on the Ego
  - Negative or Not?
  - Taking Things Personal
  - Negative Thinking
  - Complaining
  - Criticizing
  - Gossiping
  - Judging
  - Jealousy
  - Defensiveness
  - Impatience
  - Dishonesty
  - Strategies
  - Preventing Negative States from Arising
- The only thing standing between you and your higher-self is negativity. If you are seriously ready to rid yourself of it, this little book will take you along way toward that goal.

(meta tags-- getting unstuck, being yourself, transform your life, how to stop negative thinking)

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