

# HOW TO MAKE YOUR LIFE BETTER THROUGH BELIEF\*



## EXPECTATIONS AFFECT WILLPOWER

If you believe your willpower is limited then it will be. (I'd write more here but clearly my willpower is finite.)



## EXPECTATIONS AFFECT MOOD

Nobody is happy all the time and once you believe this you'll get a lot closer to feeling happy all the time.

## EXPECTATIONS AFFECT OVEREATING

Feeling full often has more to do with your head than your stomach. Pay attention when you eat and remind yourself about your most recent meal and you'll eat less.



## EXPECTATIONS AFFECT HEALTH AND AGING

Believe that aging is bad and you will stop aging. (Unfortunately, this will be a direct result of you dying younger.) I can't think of a better reason to be optimistic about the future.

## BELIEVE IN PEOPLE CLOSE TO YOU

Our beliefs about ourselves can improve our lives. And when we believe in others we can improve theirs too. Believe in the people you're close to.



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BE HAPPY ALWAYS



\* courtesy [Eric Barker](#) "Barking up the Wrong Tree"