

## The Perfect Books For The Person Fighting a Mental Battle



These two books were written for the person that finds him or herself in a dark place. You get to this dark place by allowing people and or circumstances to weigh you down. These two books give you a way back. They provide you with tools you can use to fight your way back to the light. When you let fear control you, your thinking becomes chaotic. You do not problem solve correctly. Your body records the statements of your mind and you feel sick. As soon as you begin to feel uncomfortable or feel on edge you need to examine your thoughts. If



you get a sick feeling in the pit of your stomach, or you get a headache, or you begin to frown or you cannot smile. You need to begin to ask yourself “Why am I thinking this way?” “What thoughts changed the way I was feeling?” Your mind is sending you negative images. These images are taking you to a dark place especially if you feel like running. Remembering unpleasant situations cause dark thoughts; or making comparisons also illicit dark thoughts. For example: Robert left home yesterday morning looking for a job he did not find a job. Therefore you conclude, if I leave home looking for a job I will not find a job. First of all this is a stupid assumption. How do you know Robert actually looked for a job? How do you know he did not leave home and go to his friend house and play video games until 3:00? How do you know how many employers he tried while looking for work? How many jobs did Robert tell himself he could do? Did he tell himself he could be short order cook, a dish wash, a waiter, answer the phone, fireman, EMT driver, working as an orderly hospital, etc. What jobs did he dismiss thinking negatively that he would not be hired? Robert could be a big liar. He wants everyone to think he spent all day looking for a job when Robert spent all day in the bar drinking because he was afraid of rejection. Robert would rather go rob a grocery store than face the fact that he needs to learn to read. He would rather take a chance on going to prison than reveal he does not know how to read or write. Think about this statement as long as McDonald’s Burger King and Wendy’s make hamburgers one of these restaurants will be hiring. These restaurants are not shy about telling the public to come eat their hamburgers. So why could Robert not find a job? People are still eating hamburgers. Maybe the problem is Robert does not have enough ego strength to work a job around a lot of teenagers? Is his ego so fragile he dreads seeing any of his friends come into a restaurant and he has to wait on them? So to avoid imaged embarrassments he robs a grocery store and kills the clerk. Just because Robert can’t find a job does not mean you can’t. Create your own future. Read the above two books and learn how to fight your way to a better life. Books can be ordered at [www.touchedbythelightliteracyprogram.com](http://www.touchedbythelightliteracyprogram.com) our email address is [Yithril11@netzero.net](mailto:Yithril11@netzero.net)