

## Book Review Competition 2024-25

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**Title of the book:** The power of your subconscious mind; **Author:** Joseph Murphy;

**Publication:** Prentice Hall; **Year:** 1963

This book is a self-help classic that teaches us how to use the power of our subconscious mind to shape our lives. If we learn to think positively and focus on what we truly want, we can achieve success, happiness, and even better health. Dr. Murphy explains that the subconscious mind works like a powerful tool, positive thinking, to help us reprogram our minds and overcome fear, stress, or negative habits

One thing I found interesting is how the book uses real-life examples to show the power of the mind. Murphy shares stories of people who achieved their dreams, improved their health, or solved problems just by believing in themselves and maintaining a positive mental attitude. What makes this book special is how easy it is to understand. Dr. Murphy's language is simple, and the lessons are practical and motivating.

The Power of Your Subconscious Mind is a must-read for anyone looking to improve their mindset and take control of their life. It reminds us that we have the power to create a better future by changing how we think today. What makes this book special is how easy it is to understand. Dr. Murphy's language is simple, and the lessons are practical and motivating. However, I should mention that the book leans heavily on faith and belief, which might feel repetitive for some readers. But the positive and hopeful message makes it worth reading.

In conclusion, *The Power of Your Subconscious Mind* is a must-read for anyone looking to improve their mindset and take control of their life. It reminds us that we have the power to create a better future by changing how we think today.

