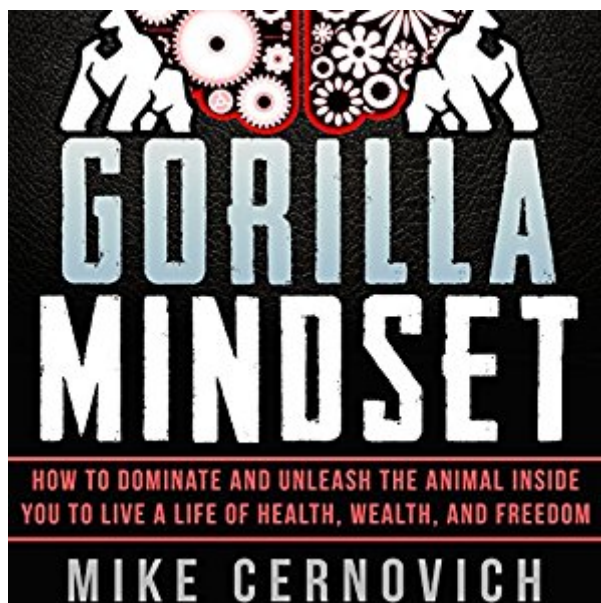


The book was found

Gorilla Mindset



Synopsis

Gorilla Mindset is an entire system that, when coupled with specific mindset shifts and habits, will change the way you think, feel and live your life. Applying Gorilla Mindset to your life (make no mistake, this is an audiobook you must apply) will improve your health and fitness, lead to more money and career advancement, and help you have deeper, more meaningful relationships (or more casual ones; it's your choice). Your thinking will become clear. You will have more focus. You will know exactly what steps to take to change your life. More importantly, you will be able to troubleshoot your own life - what psychologists call auto-regulate - when something goes wrong. For the first time ever, there is a complete system for you to live by, and more importantly, to improve and adapt to your needs. Some chapters will revolutionize how you live your life where as others might not apply to you at all. Gorilla Mindset is not an audiobook of theory. These are all practical steps - mindset shifts you take or habits you form. There are chapters on routine, self-talk, frame, focus, state/mood, mindfulness, and body language. Each chapter contains techniques, mindset shifts, and habits that can be applied to your life. Yet each chapter forms part of an entire system to apply to your life. The chapters all feed off of and add to one another. For example, improving your self-talk will improve your state or mood. How you frame challenges in your life is also a matter of the language - or self-talk - you use. Getting in the moment improves your self-talk just as your self-talk helps you get into the moment. At the end of Gorilla Mindset you'll tie every concept together to live the life others don't even dare dream of.

Book Information

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Social Sciences > Gender Studies > General

Customer Reviews

Up front, this book covers a lot of components to what builds a healthy and controlled mind. HealthFitnessSelf talkReframingPerceptionAbundanceThis book is one you will have to sit down and revisit AMD reexamine a number of times to get all of the habits it teaches, but are well worth it since they all appear in other titles from the self-help genre; Cernovich brings them all together in a relatable and easy to read book. My tip for these kind of books is to try phasing in one habit or supplement at a time so that you can pay attention to how it works for you. I read several self-help books and not all of what is proposed will be one size fits all. However if you can take and keep 1-3 good habits from each one you're doing great.

Some Background: I knew of Mike, whom we call Cerno, from almost 8-9 years ago through Roissy / Heartiste and Roosh blogs. I knew of him and that's about it. And then July 2015 happened and I started paying attention. That's when he got actively involved in Trump campaign, purely as a volunteer with no inherent connections to Team Trump (I would like to believe that, and I may be wrong). Cerno has introduced me to a lot of concepts and I am especially proud of knowing of Scott (Dilbert fame) through him. And then I dug up more until I found his old, now defunct blog: Crime and Federalism. I randomly read a few of his posts and I was hooked. I went all the way back to his first post, I think March 18, 2004(?) and read ALL of it! The amount and quality of books he has read, was beyond my imagination! Top-notch! Gorilla Mindset: What made me buy his book? "His life; what he has gone through in life and how he came on top. The more I got to know of Cerno's past, the more I was humbled which turned into respect. Anyone else would have crumbled. I had to read how he did it! And this book talks exactly that. This book lists very concrete things to follow and do to make oneself better. One of the examples that specifically helped me was about "self-talk". Just that one simple change I incorporated in my life, changed me. He inspired me to blog. He inspired me to manage my energy levels and provided methods to do so. I wouldn't recommend this book for princy divas, not meant for them. This book is for men who think they have been dealt a weak hand and yet want to win! A quote by Randy Pausch comes to mind, "It's not about the cards you're dealt, but how you play the hand", unquote. This book builds your inner foundation and tells you exactly how you go about playing your weak hand. Read it!

I gave this book a five-star rating because it's very practical and I find myself already using a lot of what I read and learned. I also see a lot of errors I've been making and how to correct that. I bookmarked a lot of sections of the book and I plan on rereading a lot of it and using it in my daily

life . Nice work Mike .

I honestly try and give this one a read every 3 months. A lot of stuff in this book is things we know, but forget to apply in our every day lives.

Excellent book. I bought this book for my son, but ended up reading it myself. Mom's need some Gorilla Mindset too! Ordering a few more copies for gifts.

I will buy a hard copy and give it to my son. Its a great book, full of information to help you improve your perspective on the world. Thanks Mike for writing this book.

Couldn't put it down. Finished it in one sitting. Mike Cernovich really out-did himself on this one.

If you have male depression, do yourself a favor and buy this book. This book will teach you how to reframe negative feelings and turn them into positive life affirmations.

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