



Thinking Anew: Harnessing the Power of Belief

By Eugene F. Moynihan, Jr., Richard F. Quis

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A renowned psychotherapist provides a method and a tool for anyone who fears miracles, change or wants to understand something hidden from their senses. The written word has the proven ability to prepare your mind to discover and fulfill your deepest desires. Reading an inspiring book, attending a lecture or participating in a therapy session does help but writing down your beliefs dramatically increases your chances of success.

Writing well or badly doesn't matter, coming away with creative, actionable solutions, a shift in perspective, a connection to your Higher Power and the wonderful feeling of hope is what counts. Writing's mysterious powers will allow you to learn the awesome habit of mental shape-shifting . . . holding in your mind persistently what you wish to be.

Knowledge of this healing force is indispensable to medical and mental health professionals or anyone struggling to change who they are.

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Bibliography

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Editorial Review

Review

I'm thinking a better title for Thinking Anew might be Writing Anew. It's part self-help book, it's part work book and every bit a tool that can help make your ideas and thoughts a reality, without getting in the way. Authors Eugene F. Moynihan Jr. and Richard F. Quis have released the must-read guide to bringing organic and life-altering thoughts to life while becoming crystal clear about what you don't want so you can discover, and concentrate on what you want out of life. With chapters titled - Follow Your Bliss, The Power of Positive Anticipation, and Exorcism of the Negative, you can tell this book has a powerful message. Writing and public speaking are the fears of many, this book let's you see that writing can be therapeutic and good for the body, mind and soul. It's your own words and you don't have to let others see what you have written. Rick C. Limpert is a freelance writer and columnist Atlanta Gadgets Examiner --Atlanta Gadgets Examiner.com

About the Author

Gene Moynihan is a street-wise psychotherapist and a retired police officer. He was the Clinical Director for POPPA Inc. for ten years helping New York City Police Officers deal with the dark side of their profession: suicidal thoughts, substance abuse, post-traumatic stress, depression and marital discord. He has helped many first responders . . . firefighters, police officers, military, nurses, doctors, clinicians, clergy . . . let go of what they don't want, identify what they do want and become what they are meant to be. His written goal focused therapy approach is considered by his peers as highly effective at empowering people under considerable stress to change their behavior. Richard F. (Dick) Quis is a retired CPA, fine artist and co-author *Thinking Anew*. He has worked in 14 countries and helps owners and investors buy and sell companies. He is a close friend of Gene going back to their grammar school days. After a near death experience where Dick was asked by his surgeon to help with his own survival, he became intrigued with . . . and helped document . . . Gene's uncanny ability to help people get through hard times.

Users Review

From reader reviews:

Tim Travers:

Nowadays reading books are more than want or need but also turn into a life style. This reading practice give you lot of advantages. The huge benefits you got of course the knowledge the rest of the information inside the book that improve your knowledge and information. The info you get based on what kind of reserve you read, if you want send more knowledge just go with training books but if you want truly feel happy read one using theme for entertaining for instance comic or novel. Often the Thinking Anew: Harnessing the Power of Belief is kind of reserve which is giving the reader capricious experience.

Mary Bunnell:

Hey guys, do you wants to finds a new book to see? May be the book with the concept Thinking Anew: Harnessing the Power of Belief suitable to you? The book was written by well known writer in this era. The particular book untitled Thinking Anew: Harnessing the Power of Beliefis the main of several books that will

everyone read now. This particular book was inspired lots of people in the world. When you read this publication you will enter the new shape that you ever know previous to. The author explained their strategy in the simple way, so all of people can easily to comprehend the core of this reserve. This book will give you a wide range of information about this world now. So that you can see the represented of the world on this book.

Lorri Nicholson:

The book untitled Thinking Anew: Harnessing the Power of Belief contain a lot of information on the item. The writer explains her idea with easy technique. The language is very clear and understandable all the people, so do not necessarily worry, you can easy to read the idea. The book was authored by famous author. The author gives you in the new period of literary works. You can easily read this book because you can read on your smart phone, or device, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can open their official web-site as well as order it. Have a nice learn.

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