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Life Scripts - Changing minds

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Recreate Your Life Story | Change the Script & Be the Hero

Stories help you make sense of your life -- but when these narratives are incomplete or misleading, they can keep you stuck instead of providing clarity. In an actionable talk, psychotherapist and advice columnist Lori Gottlieb shows how to break free from the stories you've been telling yourself by becoming your own editor and rewriting your narrative from a different point of view.

How changing your story can change your life - TED

You want change in your life. You have wanted things to be different for a long time. You have tried to make these changes before but haven't had success or maybe haven't had any success. So you've come here for the best way. The ultimate way, the only true way to ever change is by simply changing the inside, inside your own mind.

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