

Every person is basically undamaged at the core, regardless of what may have happened in the past.



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Reset

[Reset]

You're not defective, you're just terribly programmed

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The good news first: Regardless of what happens in our lives, our core remains undamaged. We still have everything needed to be happy and to realise our goals and dreams. Now for the bad news: Unfortunately, we are programmed in a crappy way. The present configuration of our hard drive is preventing us from taking advantage of opportunities. We postpone doing important things, even though we know that doing them on time would benefit us greatly. And sometimes our system simply crashes – and we just want to crawl back to bed and pull the blanket over our head.

Wouldn't we rather take our lives into our own hands and reprogram ourselves? Then we should start with the reset button – because we are ultimately designed for happiness, ease, and success.

- Effective help against system crashes and self-sabotage
- Psychologically solid, comprehensible, and also quite entertaining