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livethislife
> a lifestyle for you...



**Metal
mindset**
by Mark Piercy

From: Mark Piercy



Hi there,

I'd just like to take this opportunity to congratulate you on your decision to make a psychological adjustment to your current way of thinking.

It is my sincerest hope that *livethislife's Metal Mindset* exceeds all of your expectations but, before you dig in, I must just add...

I DO KNOW that if you apply my techniques and strategies into your daily routine, your perception and approach to life will never be the same one hour from now.

More than likely, you will question your beliefs and what you have been taught up until this point in your life. I know I did.

In fact, it took me years to get my head around the information and strategies I needed to implement in order to create positive direction and routine in my life.

After hours of reading countless books on psychology and motivation, **Metal Mindset** was finally born, and, since its induction, has literally transformed and created real direction and purpose in the lives of a world that is faced with higher depression and obesity rates than ever seen before.

Metal Mindset separates two types of people in the world: those who want to embrace it and create meaningful purpose, motivation and success in their life....and those who want to fight against it. I have been both and I know I will never be in the latter ever again.

Ok, let's get started! Go grab a highlighter and let's give **Metal Mindset** some life. I can honestly say with absolute confidence that there will be at least one thing on every page of this book that you are going to want to highlight and incorporate into your daily routine.

I'd just like to add...*read all chapters in sequence as one builds onto the previous.*

Here's to your success,

Mark Piercy.

Mark,

I have just finished reading Metal Mindset. Wow, I can't begin to tell you how spot on this book is. For years I have been involved in personal lifestyle development as a personal trainer, and over my five year professional career I have never come across anything that has helped me as much as this has. I now have another string to my bow that is allowing me to provide greater value not only to my clients but my own personal life. The way you have presented your concepts and techniques in regards to mindset and goal setting have even me insight into where the real responsibility for success lies.

This wont be the last time I read your book. Your concepts, techniques and views on lifestyle transformation are invaluable and I can't wait to implement them into my life as well as incorporate them into my clients programs.

For any one who is looking to turn it around or just create new motivation and direction, Metal Mindset is a must read. Thanks for spending so much time reading the books I didn't want to, honestly I would not have known where to start and neither would so many others.

I really believe this is a great read for everybody.

Kate Styne – N.T

Metal Mindset is hands down the simplest and easy to understand book I have ever read in regards to Mindset. It is definitive and straight to the point. I have been using your Goals Setting templates now for a couple of weeks and I can really see how this simple daily technique not only forms direction, I feel like I am being more productive and achieving more.

Peter Bend – KA

Hi Mark,

I have just read you small e-book on mindset and I have read just about all of the books out there. 90% of the books out there are full of people's life stories. You have left all the BS out and given me what I wanted, so thanks. Love your goal setting strategy!

Tonita Brenton – L.A.

It's always been my goal to give motivated people a product that's worth 5 times more in value than what they paid for.

I know the price of **Metal Mindset** is too low, but as a new *livethislife* customer, I want to demonstrate this policy first hand.

I have decided to offer you over \$200 of FREE VALUE for my *livethislife* 10-week Transformation Program just because I can see you are serious about changing your current lifestyle.

Please accept and enjoy this offer as a personal gift from me to you.

If, after reading this book, you decide that you truly are one of those people who take action and who want to embrace what you have learnt here...and create meaningful purpose, motivation and success in your life, then...

Visit: www.livethislife.com.au/myprogram and see how you can start applying **Metal Mindset** to improve your personal health, whether it be to lose weight, have more confidence, increase your energy levels and transform both your mind and body... see what others are saying about my *livethislife* 10-week interactive lifestyle Transformation Program.

This program takes what you'll learn today to an entirely new level and is the most comprehensive "lifestyle transformation" strategy of its kind.

Thanks for 'Flicking the Positive Switch',

Mark Piercy.

Introduction:

Well hi there,

My name is Mark Piercy and welcome to my life.

What I am about to share with you will absolutely change your life for ever if you apply it.

Your going to learn a lot. I am pretty straight to the point so make sure you read every sentence or you may miss out on a crucial point that might have a significant impact on your mindset transformation.

Now, before we get started, I just want to share a few things with you that I think you need to understand.

Firstly...understand that we as humans find it extremely hard to change the process of our thoughts. Trust me, when I was down and out five years ago, I really struggled to comprehend that I was ever going to find a way out.

Fortunately for you, I have been there, trapped in that mental prison, and now after reading over fifty books on the subject and attending seminars by great motivators such as Anthony Robbins, I am able to confidently say, I have developed a proven and simplistic strategy that will transform your thought processes if you apply them with consistency and regularity.

When I look back on those times, the only person that could really have helped, was me. I had to *flick the positive switch* and convince myself that I needed to do something.

So here's my confession to you so you know I'm no *psychological magician*, but rather just another struggling 20 year old that made a decision and a pact to himself to never accept negative regressive thoughts again.

I got started in the lifestyle industry when I was 26 and had very little money.

- I started out by reading and researching as much as I could about the human thought process and how much of an impact it had on the programming of our mindset.
- I have put an extensive amount of research into Nutrition, Flexibility and Exercise but first things first: the biggest hurdle of all, Mindset.
- I spent all of my money on knowledge products and mentors and at the time I was making very little money. I was on a mission to build my mind and body to a state that reflected nothing of my past five years.

- I was annoying and persistent, yet that didn't deter me from where I was headed and finally, after three years, I had reclaimed that positive vibe and bounce that I once had as a kid.

I had totally transformed my mind, body and day to day strategies which were working wonders. I had formed very high energy, confidence and motivation levels and I was in great shape. I was at a stage of my life where I started to expect greater things of myself. I no longer wanted to work for anybody else but myself so I adjusted the mindset dial once again.

- I was sitting down contemplating various business opportunities online one day when it dawned on me to start something of my own. I thought to myself, why not develop a program using the best strategies and techniques that I have acquired from all of the information, books, videos and seminars I had paid for.
- I started to piece it all together and really questioned myself on what had the most impact on my transformation. I literally picked everything apart.
- The result, **livethislife** - a fully interactive 300 page step by step, day by day, digital lifestyle program incorporating Goal Setting, Nutrition, Flexibility and Exercise like no other.

It's been an honour and a privilege to see **livethislife** gain as much popularity as it has, and that is why I am in a position to form such high expectations. "My mission at **livethislife** is to transform 100,000 lives and donate \$1,000,000 to cancer research by 2020".

This should leave you with one distinct question...

What in the world happened during the two year period of my life when I was down and out that made such a difference to enable me to turn it all around and form a **Metal Mindset**?

Well that's a great question and that's exactly what I'm going to teach you in this book.

Let's get started shall we?

"The only prerequisite you need for success is to be alive"

Chapter 1 – Avoiding the Downward Spiral

“Only when you've been to the deepest valley, can you know how magnificent it is to be on the highest mountain”

The title of this book is “livethislife” - *Metal Mindset*.

Before we create a Metal Mindset, we need to first understand and define what negativity is and how it impacts us.

Isn't it strange when a person complains about not having enough time to be happy, yet, they have ample time to be sad?.

Whether or not you have ever been in this state of mind, has nothing to do with having sufficient or insufficient time. It has everything to do with complaining, after all, complaining is the negation of happiness and let's face it, you can't complain and be happy at the same time; it's just not possible.

“Most people are about as happy as they make up their minds to be”

My advice...keep your distance because this disease in people is insidious and contagious and can bring you down like the flu. Have you ever been around a group of people who just flat out complain all day, every day, that nothing ever goes their way, and everything is always too difficult or too hard?

I have, and this was at the lowest point in my life, and perhaps the main contributor to my mental demise those many years ago. You see, I was once quite a successful basketballer representing my State plus winning a National Championship in the Australian Basketball Association in my younger days, yet, somewhere along the way, I lost motivation, and allowed myself to get tangled up with this insidious crowd who managed to bring me down to their level....

They were just like leaches, sucking any success or motivation I had. Now that I look back, I can see that they did this because they felt threatened, insecure, envious and intimidated. They weren't prepared to climb up to my level so instead they dragged me down to theirs.

Unfortunately, 80% of the world is geared this way so my advice to you, spend as much time as you can around successful people so you live and breath positivity.

To minimise the risk of self doubt, don't expose yourself to it in the first place; it's that simple.

I found out the hard way! Once you start letting in negative thoughts and unmotivated people, it has the ability to mutilate, cripple and corrode your own spirit.

Perhaps the most telling signs of a person broken by negativity is obscured vision, which causes you to become confrontational, apathetic and cynical and, let me assure you, my parents could vouch for that at the time!

To make it absolutely clear what types of behaviour and people we are trying to avoid here, let's just review the types of negative effects:

1. **Complaining:** Don't do it, it's worse than doing nothing. Everytime you complain, you dig a deeper hole for yourself and it only makes it harder to climb out. If you start, stop it, and replace it with something positive. Turn your bad habit into a good one.
2. **Negative attitude:** None of life's problems have ever been fixed looking for someone or something to blame. You have no alternative but to make positive thinking work for you. The glass is half full....start appreciating what you have, instead of scarring yourself with what you lack.
3. **Stress less:** Do what makes you happy more often and replace this with worrying less about what you're not doing. Stress not only has the potential to damage the immune system, it delays success and saps energy and motivation.
4. **Negative people:** Remove yourself from these people. Negative people try and bring you down to their level instead of rising up to yours. They prevent themselves from seeing any good around them. Follow and socialise with positive people.
5. **Selfishness:** This is a dominant trait of negative thinkers. People who haven't grown up yet, firmly believe that the world should revolve around their wishes, therefore become unhappy if their childish desires are not fulfilled. This poisonous attitude stagnates them and prevents them from growing and learning to deal with life's challenges.
6. **Negative affirmations:** Any negative talk to ourselves or others is a subconscious form of programming. The human brain absorbs like a sponge so what we say to ourselves or others, we believe, so any form of negative affirmation is just setting us up for failure and disappointment.
7. **Negative imagination:** We form beliefs through imagination. By allowing negative images into our head, we create a world that we are forced to live in. In other words, what we see we believe so put a stop to all forms of negative imagery.

8. **Impatience:** Impatient people spend their time looking for quick fix solutions that don't exist and become frustrated when they fail to find one. Anything worthwhile in life requires effort and persistence therefore, if you lack these qualities, you achieve nothing.
9. **Depression:** Those that fail to work on improving their negative attitude will more than likely face depression, self pity and hopelessness.
10. **Infection:** Negative people are not only harmful to themselves they are harmful to the rest of the world. Negativity is infectious so remove yourself and only promote, live and encourage positivity. Success is a direct reflection of positivity.

Remove, reverse and replace all ten aspects with positivity and you will see some amazing life changing results. If the people in your life don't accept your new positive attitude, separate yourself and move away from them.

“You are free the moment you do not look outside yourself for someone to solve your problems”

Chapter 2 – Flick the Positive Switch

Now that we have addressed the key areas of negativity that impact the Downward Spiral, it's time to Flick the Positive Switch and avoid it, or in my case evolve from it...

“The greatest gift to mankind, is the knowledge that attitude can change your way of life”

A positive mindset can be very powerful and very influential in your life. It is something that can be acquired by anyone by simply making a decision to think differently.

By implementing positive strategies and techniques into your daily routine, you have the power and ability to override and eliminate any negativity, but, the most important thing to remember is that changing your mindset takes time and is a true reflection of a diligent process.

In order to change what you believe and how you think, you need to start investigating the ideas and traits of the people you admire or who you deem are successful.

You have already started this journey with Metal Mindset so continue on and remember knowledge is power.

Expose yourself to as many motivational and inspirational books and seminars as you can. Even if you don't learn anything new, chances are you will reinforce what you already know and this is more productive than doing nothing.

Unless you expose yourself to the ideas of positive and successful people, habitual negative thoughts and lifestyle will not produce a person with a positive mindset.

A positive mindset is a way of life and lifestyle that sets you apart from people who are negative and miserable, therefore, if you are going to be successful you need a positive plan for action which is where I am taking you with **Metal Mindset**...

So think with diversity as it is a key ingredient for change. You must be prepared to be mentally flexible by taking on board opposite point of views contrary to your own opinions and beliefs. Always give people a chance...from there you can decipher whether or not this person is of value to you or worthy of your time.

Positive people can recognise good opportunities and realise their potential. Negative people fail to recognise opportunity when it is presented to them. Positive people expect to succeed and negative people expect to fail. Whether you believe you can or cannot achieve something, you are right. So why not believe that you can.

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