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Clayton Redfield MA/Psych/CmhC

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This is a very small (only 68 pages), simple and powerful book, It will within the next few minutes enable you to become your own therapist and in private, at home or with trusted friends, change the vast majority of behaviors associated with any cognitive behavior, even alcohol/drugs, weight, eating disorders, appetite, binging, compulsiveness, craving, energy, esteem, financial, goals, insomnia, motivation, nail biting, organization, procrastination, panic, relaxation, sex, stress, tobacco, cheating and any cognitive behavior you desire with a simple, self-administered brief therapeutic One-Thought Process®.

This is not for just one behavior but any cognitive behavior. It will show you how to accomplish any behavior change you desire in one day (right now if you choose) and sustain that change for a lifetime. ..with just ONE THOUGHT®.



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