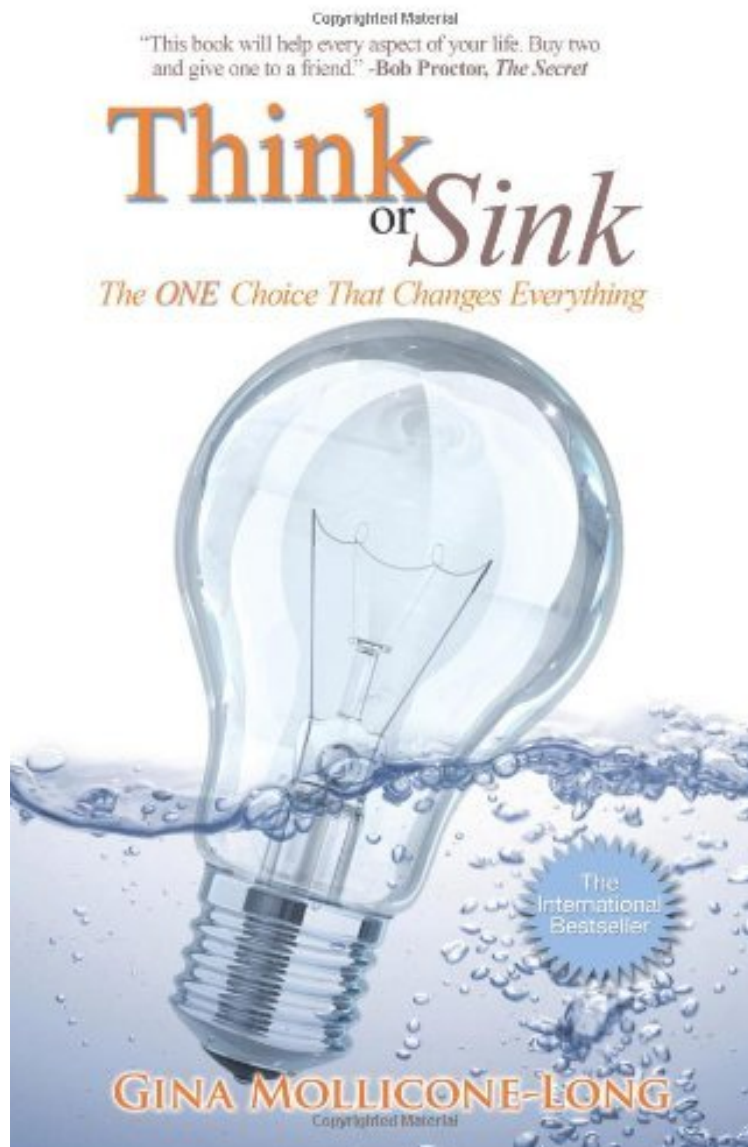


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# Think or Sink: The One Choice That Changes Everything

Gina Mollicone-Long

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**Gina Mollicone-Long : Think or Sink: The One Choice That Changes Everything** before purchasing it in order to gage whether or not it would be worth my time, and all praised Think or Sink: The One Choice That Changes Everything:

4 of 4 people found the following review helpful. Think or sinkBy Peter MulraneyWhen all else fails reach for the manual. Gina's book is a manual for getting your life back on track or for finding out what track your life is on for that matter.Includes helpful tools for reflecting on the circumstances of your life and the ways you are choosing to respond, either consciously or unconsciously.Gina's writing style is easy to follow and the concepts are clearly explained.If you

are interested in exploring why things are going the way they are in your life and taking responsibility for what you do about it, this is the book to read. Gina reminds us that we always have a choice and she gives you plenty of tools to choose from. My favorite is the 42 day project. 0 of 0 people found the following review helpful. Great book By Jason Very helpful. Rally puts everything in perspective and drew many new concepts from it that I plan on applying for real change. 1 of 1 people found the following review helpful. Great book...nothing new By Amy L Raml A lot of the ideas I already knew and have explored in many I of my classes, however the author did a nice job explaining them.

The instinctive response to any crisis or challenge is a predictable, hard-wired physiological reaction: the fight-or-flight response. The problem isn't the response itself, the problem is using it in situations that don't really warrant it. Moreover, when used too often this inappropriate stress response can have detrimental effects on both physical and mental health. By contrast, successful people and great leaders have learned to control their flight-or-flight reaction. They think for themselves, choosing empowering states of being instead of sinking into the prevailing negative state of their circumstances and the people around them. In *Think or Sink*, Gina Mollicone-Long shows readers how to gain control of their responses and produce powerful results. Rather than a book about what to think, it's a book about how to think. By learning how to make good decisions, readers are able to not only meet challenges head on, but to benefit from them as well.

"Thinking is the highest function you are capable of. This book will help you improve every aspect of your life. Buy two and give one to a friend." -Bob Proctor from the movie *The Secret* and the author of *Born Rich* "The concepts are presented clearly and the focus on the importance of leaning to self-regulate emotions is right on target. Learning to manage our thoughts and emotions from a new more intelligent inner reference point represents the next step in unlocking improved human health and performance." -Dr. Rollin McCraty, Director of Research, HeartMath Research Center "Gina's book teaches us how to perceive crisis as opportunity and hardship as the bridge to healing. She does the math for us, so that all we have to do is show up ready for this mind-shifting, spiritual education!" Meredith Scott Lynn (actress/producer/director) "A combination of intellectual, international entrepreneur, wife and mother, Gina represents the new model for women: someone who does it all. Remarkable!" Mary Aitken, CEO and founder of Verity