



Breaking The Habit of Being Yourself: How to Lose Your Mind and Create a New One

Joe Dispenza

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You are not doomed by your genes and hardwired to be a certain way for the rest of your life. A new science is emerging that empowers all human beings to create the reality they choose. In ***Breaking the Habit of Being Yourself***, renowned author, speaker, researcher, and chiropractor **Dr. Joe Dispenza** combines the fields of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible.

Not only will you be given the necessary knowledge to change any aspect of yourself, but you will be taught the step-by-step tools to apply what you learn in order to make measurable changes in *any* area of your life. Dr. Joe demystifies ancient understandings and bridges the gap between science and spirituality. Through his powerful workshops and lectures, thousands of people in 24 different countries have used these principles to change from the inside out. Once you break the habit of being yourself and truly change your mind, your life will never be the same!

Breaking The Habit of Being Yourself: How to Lose Your Mind and Create a New One Details

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Selma Šljuka says

Apsolutno odlicna. Knjiga koja moze zaista da promijeni licnost

Tim Larison says

Can the average person understand and apply the principles of quantum physics to create a new reality in his or her life? A reality much more creative and fulfilling than the survival patterns most of us are operating out of?

Yes! contends Joe Dispenza in his fascinating new book “Breaking the Habit of Being Yourself”. Don’t let the words “quantum physics” scare you away. Early in his book Dispenza gives the best explanation I have read to date of what quantum principles are all about. More importantly, in a detailed step by step manner he explains how we can take this knowledge to implement positive changes in our lives.

“When you and I can connect the dots of what science is discovering about the nature of reality, and when we give ourselves permission to apply those principles in our day-to-day existence, then each of us becomes both a mystic and a scientist in our own life,” Dispenza writes in the introduction. This was exciting to me, and I wanted to read more.

I liked Dispenza’s vulnerability in describing his own learning curve in quantum living. After being featured in the documentary “What The Bleep Do We Know?” Dispenza was in great demand as a lecturer. His problem, he soon realized, was that his daily emotional state depended on the responses he received from his audiences. “I saw that all of my perceived happiness was really just a reaction to stimuli in the external world that made me feel certain ways,” he writes. “I didn’t want to lecture again until I was the living example of everything that I was talking about. I needed to take time for my meditations and to make true change in my life, and I wanted to have joy from within me and not from outside of me.”

Dispenza made these mental adjustments, and he passes on the lessons he learned to his readers. He also gives many examples throughout the book of others who have made similar changes. Rather than reading like a dry physics textbook, Dispenza’s colorful descriptions of the quantum process gave me the confidence that I, too, can operate at this level in my own life.

Towards the end of the book Dispenza gives detailed meditation instructions to shift the reader’s base thought pattern from the draining “survival” mode to a more fulfilling “creation” orientation. I found this a bit overwhelming, so thankfully he also offers a couple of guided meditation audio files on his website to help with the process. I downloaded and followed one of the meditations, and I can already feel a positive shift inside of me regarding a life change I want to make.

“When you have thoughtfully rehearsed a future reality until your brain has physically changed to look like it has had the experience, and you have emotionally embraced a new intention so many times that your body is altered to reflect that it has had the experience, hang on … because this is the moment the event finds you!” Dispenza writes. “And it will arrive in a way that you least expect, which leaves no doubt that it came from

your relationship to a greater consciousness – so that it inspires you to do it again and again.”

This is another book review in my partnership with Hay House. I was not financially compensated for this post. I received the book from Hay House for review purposes. The opinions are completely my own based on my experience.

Kristi says

This book will blow your mind. It's full of scientific explanation on WHY and HOW the things I believed "work." Anyone that reads this book will feel empowered and excited about what they can create for their lives. I had huge realizations and light-bulb-turning-on moments repeatedly. I only would read a chapter at a time, would have to close the book, and just contemplate the magnitude of what I just read. This isn't a book that you just sit down to read cover-to-cover in one shot. There is so much amazing information that you will want to meditate upon as you read it. I have already recommended this book to everyone I know.

WOW!!!!!! Take your life by the reins with this book!!!!!!

Joe says

I enjoyed the first book, and I wish I would have stopped there. In this book he finally reveals he is a quack. Don't get me wrong, some of the information is still fascinating and even useful, but it also comes with a fundamental misunderstanding of what 'quantum' means.

By throwing around 'quantum' and other buzzwords, he essentially covers up the fact that what he's really trying to convince you is that you can just wish for whatever you want, and as long as you wish it hard enough, it will happen, exactly the way you wish it. He uses his daughter's summer vacation from college as an example:

He essentially tells her to do his little 'quantum meditating' technique and imagine what she wants to happen regarding this Italy trip. So she says instead of the typical college-student-home-for-the-summer job she wants to work in Italy, visit 6 cities, spend a week in Florence, and only work for the first 6 weeks and be able to spend the rest of her break back home.

He then reminded her that "universal intelligence would orchestrate the way her dream summer would manifest."

Really dude? You might as well have said that little Italian dream fairies will answer her prayers, or that Ziltoid the Omniscient can bring her to the 10th dimensional version of Italy beyond time and space, where the pasta actually isn't that great anymore, but the artwork is better.

So she gets a call from her university that she can take an art history summer course in Italy and they'd only have to pay \$4,000 for it. So instead of taking the offer, he told her to tell them to shove it up their asses because their quantum intelligent omniversal creator fairies were going to sort out all the details the way that she had originally planned it, and that an Art History course in Italy is only for suckers.

And then we're supposed to believe that she literally did get her perfect dream summer in Italy. Complete with the 6 weeks of working, visiting 6 cities, and spending a week in Florence.

So, first of all, I don't believe this happened. Secondly, if it did happen, it would have been a huge coincidence, and certainly not the result of the fact that she "electromagnetically connected to an intended destiny that existed in the quantum" and that "her body was drawn to the future event."

Bollocks.

Anabela Mestre says

Um livro que nos ensina muito da mente e do corpo, e da relação entre estes. Sem ser um livro de auto-ajuda dá-nos dicas para uma relação harmoniosa entre os diversos elementos que nos constituem como pessoa.

O que eu gostei deste livro foi o rigor científico, pelo menos, pelo que se sabe até aos dias de hoje. Se tinha preconceitos em relação aos livros de auto ajuda, esqueça, eu também tinha e perdi-os com este livro.

Pia Bergqvist says

Some useful ideas about learning meditation. Unfortunately this book falls in a category of books that I always dislike - using random scientific discoveries and theories to justify for example meditation. There is plenty of neuroscientific research supporting the benefits of meditation. Using quantum physics to talk about energies changing the universe is not only annoying, it also makes me think the author is doubting his own ideas and is desperate to prove that he is right.

Michael says

I read a book many years ago. I forgot the name, but it was about a man with low self-esteem and anxiety who meditated with the intent to access his subconscious mind and change his life, which he did. He called it Life+. I never tried it.

Fast forward. Mix quantum physics applications, with accessing your sub-conscious mind and change yourself and your world. Change your mind completely from what you are and don't want to be, to your ideal self. It's not about perfectionism. It's about being who you are and unloading all that baggage and ALL things in the past that influence your decisions and actions in the now.

This is a hands-on practical guide with meditations included to literally change yourself, thus changing your life. I have read a lot of hocus pocus, new age, airy-fairy books over the years, so I'm schooled in all of that, and this is not that.

This is something every single person on the planet can use to better their lives and existence. I can't recommend this book highly enough. Get into your sub-conscious mind and change it, then be mindful as you go about your day to be your ideal self. You can't do it by simply trying. The subconscious is too powerful and difficult to overcome without help.

George Jankovic says

What an amazing book!!! If someone told you that you could heal yourself simply by using your mind--even cancer--would you believe or would you laugh? While I've always been a big believer in the power of human mind to do both bad (destroy our body via stress, for instance) and good (to at least reverse that), I would've been suspicious to say the least. But a very close friend of mine recommended this book and bought it for me because stress had been ravaging my body and i've been getting all kinds of things. She has been battling progressive multiple sclerosis for years. She read three of Joe's books and used his meditation techniques for nine months. Her latest MRI results showed no lesions on her spine which she'd had for a very long time. Yes, she managed to change her body!

How is that possible? We've all heard of the placebo effect. You get a sugar pill instead of the real medicine and it works solely because you believe it would. Your mind heals you because you trust the doctor. This book has some literally amazing examples from medical literature. How about this? One group of patients does exercises to strengthen muscles (or practices playing the piano) while the other one does it only in their minds. The result is not identical (unfortunately i have to keep doing the push-ups), but pretty darn close.

So if your mind believes in something strongly, it can do wonders. But how do you make it believe if nobody gives you a pill? This is where meditation comes into play. Actually, i would call this method sort of a self-hypnosis since you are convincing yourself certain things when you are most susceptible (during meditation).

When my friend explained this, my response was, "That is all nice and good, but i've tried meditation several times and i either wanted to fall asleep or my mind kept wandering." My friend convinced me that nobody could be worse than her and that it took a while for her to calm her mind. And there are always ups and downs, even for the author. But it works.

So i plunged in, read two books and started meditating. It proved to be easier than i thought because you are not focused on your breathing, which is hard, but are either listening to Joe on youtube or are talking to yourself. It started out really well for me and kept getting better and then i hurt my back and spent some time in a slump. But it's worth doing. When things were going well, i felt much happier and people told me that i looked healthier and happier without knowing what i had been doing. I would also like to go to a workshop if there is one near me.

This review covers two books:

- You are the placebo

I suggest reading it first because it has a boatload of amazing examples from medical research and trials. It will pump you up. If you know physics, i suggest you skip the quantum mechanics stuff (Joe applies the science of the small to the big and metaphysical). Epigenetics is great.

- Breaking the habit of being yourself

I suggest reading this one second. There is some overlap between the two books but nothing major. And it is much more practical about meditation.

Then you can listen the "You are the placebo" guided meditation on youtube.

I hope i can continue with all this because it is awesome. Sometimes we give up after a while. I hope i won't.

Enjoy!

Tiffany says

For three years this has been taking up space on my shelf. Today was the day to decide what to do with it.

"Dr" Joe Dispenza (the quotations are there because Andrew Weil, Deepak Chopra, Abraham Vergese, Atul Gawande, and Jerome Groopman--all mds-- don't seem to need to ram their titles down your throat) is on a quest for legitimacy in a field that parallels science. I have no problem with the alternative world--actually, it's my world. But I am a little turned off by the Manifestation Mob, particularly because they can be judgmental about failure in that same offensive way that the alternative medicine crowd can be. (Once, during a lecture about health after a 20 year old woman painfully made her way to the front of the room suffering from chronic Rheumatoid arthritis I overheard an acupuncturist murmur under her breath: "It's because she's so angry." That kind of blaming is rife in the medical world--alternative or not.) Are you sick? It's because you're not manifesting health! Stop it!

Actually, this book isn't all that terrible, it's just the same old same old that I've read a hundred times: you are what our think and here's the quantum explanation why. I call it quantum muck. It's the kind of thing that has science wannabes huffing and puffing words like "quackery" and "pseudoscience". Fer good reason.

If you want to change your life, yes do change your thoughts. There's plenty of great studies out there to suggest there's more than a simple correlation in the body-mind connection. But jeez-loueez 340 pages ? It could be easily converted to 25. Wish it had been. By the time I got to chapter 11 and the beginning of the four week "change your life" program I was completely out of patience with this guy and his writing. I had no interest in hanging out with him for five more minutes.

The reasons for this are many and manifold: his writing is uninspired, his sciency-stuff smacks of b.s., his understanding of meditation is Seven-Eleven fare (cheap variety), his understanding of the purlicues of the mind is mere meat and potatoes, and his magical manifestation system is vivisected. What does that mean? Once about five years ago I took a tour of the local Temple of Scottish rites (masons). The guy who led me through it was the most generous tour guide I've ever had--what a great barker for an organization. But I noticed something weird: all the decorative symbolism in the building was masculine in nature: the sun (but not the moon), daylight (but not night.) The aim for glory there felt unhealthily lopsided. There's a cyclicity and a polarity that must be balanced for the universe to be satisfied: all magic needs to be done and undone, all magicians know you need manifesting spells and also banishing spells. With the art of manifestation you have to satisfy the cyclical nature of reality: stuff for self, stuff for others. Without that "other" part you've got growth without decrease, which is basically cancer.

Alas, for me this book goes into the same category as Daniel Amen's book: snooze-fest.

Margaret Lozano says

It's difficult to rate this book. Two thirds is excellent psychology and CBT techniques. The remaining third is

utter nonsense/pseudoscience. I wish the author would just avoid going out of his depth, especially with issues pertaining (but not limited) to: evolution, genetics, epigenetics, and quantum physics. It could have been a great book if he'd stuck to his wheelhouse (psychology) and avoided tangents on science that are completely unfounded and absurd. I won't really get into it, but he badly misunderstands the differences between Lamarckism and epigenetics. It's embarrassing to read.

Cindy Rollins says

Whenever Audible offers a self-help book with good reviews, I am always tempted, mostly to my regret. This book turned out to be about meditation and even had some great ideas about how to do what the Bible calls 'renewing your mind.' Most of those strategies can be gleaned from the book without resorting to speaking of a 'quantum creator.'

It is true that in order to change we have to be able to imagine ourselves as something different. We do have choices and we do not have to live our lives as victims of circumstances. Those reminders were very helpful. The fact that he shrouded them in quack science and bad theology was a bit too weird for me.

Still, today, I hope I can concentrate on forgetting what lies behind and reaching for the mark of the high calling of Christ Jesus.

Virginia Gill says

I found this book utterly fascinating. So much so that I will be shopping for a physical copy of the book since I was given an electronic version to review. This is one I will be referring back to again and again. The look at quantum theory, modern neuroscience and how we can truly change our own minds was riveting. While that might sound like a tough read the author did an excellent job of keeping the topics accessible and easy to understand, readers should not be intimidated. Grab a copy and take a journey through your own brain and see what happens.

Steven says

The pseudoscience in this book is appalling. Attempting to use concepts of Quantum Physics to rationalize a method to alter reality (if you focus hard enough) and then supplying little in terms of quantifiable scientific data to back up that rationale shows how bereft of understanding this "doctor" truly is. Unsubstantiated claims of "expertise" in a number of sciences should be the primary red flag. This trash is simply cluttering the shelves and taking the place of more substantial and helpful sources of information, factual information at that.

Tu_vecino says

Quitando la metafísica del principio y la última parte con la guía para meditar, el libro me ha parecido

interesante por el tema que trata: el cambio como forma de mejorar tu vida

Sean Xie says

It can be a life-turning book if the reader is ready. I'm 70% in have already felt tremendous impact on how I perceive life in general. It is a solid upgrade from the popular book/documentary The Secret.
