



The Identity Switch: An Effortless, Lethal Method for Unavoidable Success

A.J. Winters

[Download now](#)

[Read Online](#) 

The Identity Switch: An Effortless, Lethal Method for Unavoidable Success

A.J. Winters

The Identity Switch: An Effortless, Lethal Method for Unavoidable Success A.J. Winters
If you could change your life by flipping one switch your mind, what would you change?

Would you be slimmer and healthier? Would you develop a better relationship with your family, would you earn more money?

It's time to start turning those dreams into reality...

The Secret That Changed My Life – And Will Change Yours Too

I've always been a dreamer. Sadly, those dreams were often out of reach.

I'd achieve success in one part of my life – maybe getting good grades, or a promotion – only to see negative side-effects, such as weight gain and stress. And that was when things worked out; more often than not, I simply failed to achieve my goals.

Thankfully, all that changed a few years back, when I stumbled across the Identity Switch method.

Effortless Alteration

“No pain, no gain” – it's a mantra that's drilled into many of us. But what if it weren't true? What if achievement weren't a function of blood, sweat and tears – but mere psychology?

In the last few years, a lot of research has been conducted into the power of systems and habits, most recently with the work of BJ Fogg and Charles Duhigg.

Good habits alone can improve a person's life. But good habits coupled with key psychological strategies can make a person invincible.

This book discusses the art of making achievement feel effortless, via lethal psychological strategies and habit formation hacks – all rolled into one powerful process, aka the Identity Switch Method.

The Identity Switch: An Effortless, Lethal Method for Unavoidable Success Details

Date : Published April 30th 2015

ISBN :

Author : A.J. Winters

Format : Kindle Edition 148 pages

Genre : Self Help, Nonfiction, Psychology, Business, Amazon

 [Download The Identity Switch: An Effortless, Lethal Method for U ...pdf](#)

 [Read Online The Identity Switch: An Effortless, Lethal Method for ...pdf](#)

**Download and Read Free Online The Identity Switch: An Effortless, Lethal Method for Unavoidable
Success A.J. Winters**

From Reader Review The Identity Switch: An Effortless, Lethal Method for Unavoidable Success for online ebook

Elaine Cosby says

Love this book!!!

I'm always looking for ways to increase my personal productivity. This book is full of great ideas to help you become successful with changing the way you think about changing bad habits/creating good habits as well as the reasons why these things will work. I highly suggest this book!

Jodi says

Short book, did not have anything to do with the title.

Layne says

Since this was such a short book I will keep this short.

- Short book (I think I said that)
- Used the same example over and over again.
- Good premise - Work on your habits, not your goals.
- No real research behind the book, just the author's own experiences
- It is short, so it won't take long to read and it will give you some good ideas to think about.

I would suggest you follow this book up with a much better book called "The Power of Habit" by Charles Duhigg

Richele Herr says

New packaging.

Winters has presented many old ideas for making change in your life in a new and fascinating way. Using baby steps has been used for years by the FlyLady, but Winters takes them to an even smaller form. By taking these minute steps and changing thought patterns she offers a pathway to success.

Ampie Niehaus says

This is one of those free books, that I somehow started reading...and it was actually quite good (despite being too longwinded in places)

cheri carlson says

Great book

First time I have read a book about changing your own habits that is truly unique. I have read a lot of these types of books but this one is something I can actually see myself being able to implement.

Sophia Sasson says

I found the book to be very repetitive and presented few new ideas. All of the major concepts are repackaged from previous ideas with no research to support it.

Donna Sako says

Good

This is a good book but it is not as good as other books I've read about reaching your goals. Finding your identity switch is finding your habits that push you to obtain your dreams.

Rob says

Simple but effective strategies

The author describes the process of breaking goals down into easily accomplished steps and building on the success of those minor accomplishments to change how we think of ourselves. Very easy to understand and follow.

Andree McLellan says

Amazing book.

Wonderful book. I started implementing her methods before even finishing the book. I have had great success already in creating new habits and approaching previously insurmountable tasks. Thank you very much, A.J.

Steve Weber says

A method to make changes by starting with 'ridiculously simple' steps ... I've been trying the system and it seems to work. To make big changes in our lives we need to change our habits. The author's goal is to get

you to start with small steps and let momentum start to build. I liked it.

Diana says

Good advice

This book had some really great ideas for people who just can't seem to get going or keep getting stalled.

Anna Duran says

Simple, yet effective

Simple. effective ways to make improvements in your life, for those who find it hard to get and stay motivated.

Glenda Lynne says

I enjoyed this book, though I was familiar with most of the information offered from reading other books on the subject, such as "Mini Habits" by Stephen Guise. It is clearly written and easy to follow and includes enough scientific background to help the reader understand why the process works. You can also begin implementing the process immediately, making it a nice introduction to the success of the process. My favorite part was about keystone habits and how to select the habits you wish to change. I was a bit disappointed in the idea of true identity switching. Though I understood the author's premise, I thought it was not very well articulated, in terms of how it works, and since that is the title of the book, that is a rather serious flaw.

E V Parsegian says

A couple of good ideas.
