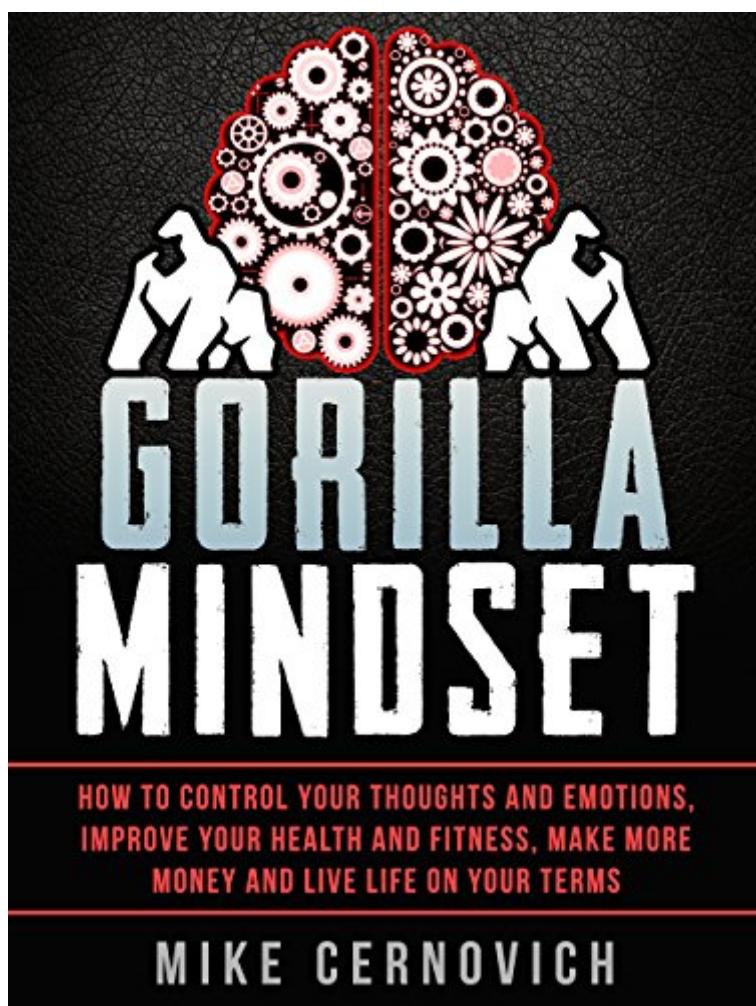


The book was found

# Gorilla Mindset: How To Control Your Thoughts And Emotions And Live Life On Your Terms



## **Synopsis**

Gorilla Mindset was the most successful non-fiction book launch of 2015, immediately hitting best-seller status. Rather than feed you lies and feel-good nonsense, Gorilla Mindset teaches you how to take control of your thoughts and emotions. You will live life on your terms. Mike Cernovich, author of Gorilla Mindset, has been read by millions of people. Although he wrote Gorilla Mindset with men in mind, many women are catching on, as they also want to live a more powerful life. By applying Gorilla Mindset to your life, you will improve your health and fitness, earn more money, and have stronger relationships. Your thinking will become clear. Your posture will improve. You will have more focus. People will respect you. There are chapters on routine, self-talk, frame, focus, state/mood, mindfulness, and body language and posture. Each chapter contains techniques, mindset shifts, and habits that can be applied to your life. For example, improving your self-talk will improve your state or mood. How you frame challenges in your life is also a matter of the language â“ or self-talk â“ you use. Getting in the moment improves your self-talk just as your self-talk helps you get into the moment. At the end of Gorilla Mindset you'll tie every concept together to live a life others don't even dare dream of. But you will dream of that life. You will live that life. Find out how to live life on your terms by applying Gorilla Mindset to your life today.

## **Book Information**

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## Customer Reviews

Up front, this book covers a lot of components to what builds a healthy and controlled mind. HealthFitnessSelf talkReframingPerceptionAbundance This book is one you will have to sit down and revisit AND reexamine a number of times to get all of the habits it teaches, but are well worth it since they all appear in other titles from the self-help genre; Cernovich brings them all together in a relatable and easy to read book. My tip for these kind of books is to try phasing in one habit or supplement at a time so that you can pay attention to how it works for you. I read several self-help books and not all of what is proposed will be one size fits all. However if you can take and keep 1-3 good habits from each one you're doing great.

Some Background: I knew of Mike, whom we call Cerno, from almost 8-9 years ago through Roissy / Heartiste and Roosh blogs. I knew of him and that's about it. And then July 2015 happened and I started paying attention. That's when he got actively involved in Trump campaign, purely as a volunteer with no inherent connections to Team Trump (I would like to believe that, and I may be wrong). Cerno has introduced me to a lot of concepts and I am especially proud of knowing of Scott (Dilbert fame) through him. And then I dug up more until I found his old, now defunct blog: Crime and Federalism. I randomly read a few of his posts and I was hooked. I went all the way back to his first post, I think March 18, 2004(?) and read ALL of it! The amount and quality of books he has read, was beyond my imagination! Top-notch! Gorilla Mindset: What made me buy his book? Â“ his life; what he has gone through in life and how he came on top. The more I got to know of CernoÂ’s past, the more I was humbled which turned into respect. Anyone else would have crumbled. I had to read how he did it! And this book talks exactly that. This book lists very concrete things to follow and do to make oneself better. One of the examples that specifically helped me was about Â“self-talkÂ”Â™. Just that one simple change I incorporated in my life, changed me. He inspired me to blog. He inspired me to manage my energy levels and provided methods to do so. I wouldnÂ’t recommend this book for prissy divas, not meant for them. This book is for men who think they have been dealt a weak hand and yet want to win! A quote by Randy Pausch comes to mind, quote, Â“it's not about the cards you're dealt, but how you play the handÂ”Â•, unquote. This book builds your inner foundation and tells you exactly how you go about

playing your weak hand. Read it!

I gave this book a five-star rating because it's very practical and I find myself already using a lot of what I read and learned. I also see a lot of errors I've been making and how to correct that. I bookmarked a lot of sections of the book and I plan on rereading a lot of it and using it in my daily life. Nice work Mike.

I honestly try and give this one a read every 3 months. A lot of stuff in this book is things we know, but forget to apply in our every day lives.

Excellent book. I bought this book for my son, but ended up reading it myself. Mom's need some Gorilla Mindset too! Ordering a few more copies for gifts.

I will buy a hard copy and give it to my son. Its a great book, full of information to help you improve your perspective on the world. Thanks Mike for writing this book.

Couldn't put it down. Finished it in one sitting. Mike Cernovich really out-did himself on this one.

If you have male depression, do yourself a favor and buy this book. This book will teach you how to reframe negative feelings and turn them into positive life affirmations.

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Gorilla Mindset: How to Control Your Thoughts and Emotions and Live Life on Your Terms  
Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Gorilla Walk Gorilla Walk (Adventures Around the World) Gorilla Mindset NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) Mindset Makeover: Change Your Self-Sabotaging Thoughts, Tame Your Fears, And Learn From Your Mistakes - Focus On The Real Values Of Life The Morning Routine: Boost Productivity, Motivation, Energy and Stop Procrastinating with the Best Daily Routines (Habit Stacking, Wealth Mindset, and Millionaire Mindset) Goalie Mindset Secrets: 7 Must Have Goalie Mindset Secrets You Don't Learn in School! NLP: Neuro Linguistic Programming: Re-Program Your Control over Emotions and Behavior, Mind Control, 3rd Edition Nlp: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control Emotional Intelligence: How to

Master your Emotions, Build Self-Confidence and Program Yourself for Success (Emotions, IQ, Success, Skills, Tricks,) Minimalist Budget : Practical Ways to Save Money, Spend Less, Save Time and Declutter Your Life to Live More Practical, Well Balanced and Non-Materialistic ... Mindset, Budget Planning Book 1) Dictionary of Emotions: Words For Feelings, Moods, and Emotions Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health A Quick Read on What You Should Know about Colon Cancer and how to Prevent it: Detailed, but in laymans's terms (What you should know about your health ... care of yourself; in layman's terms Book 1) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) Don't Let Your Emotions Run Your Life for Kids: A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts, and Get Along with Others Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens) Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and (Instant Help Book for Teens) The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions

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