



# High Vibrational Thinking: How to Beat The Blues (High-vibrational Thinking)

*Steve Wharton*

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High Vibrational Thinking. Throughout life we are managed by our subconscious, using programmes laid down in childhood. These programmes create comfort zones – not all of them good. For example, if you were indulged with sugar as a child, then that's what's going to make your subconscious comfortable today. And subconsciously you will be continuously urged to maintain these bad levels of sugar. High Vibrational Thinking reprogrammes your bad comfort zones automatically. Once reprogrammed it gives you the confidence to confront your demons and regain control of your life. High Vibrational Thinking will change the things you don't like about almost anything. This revolutionary method takes positive thinking to a whole new level and has already proved it has the power to change people's lives.

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