



# How to Discover the Motives of your Behaviour and the Secrets of Your Mind

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## How to Discover the Motives of your Behaviour and the Secrets of Your Mind MAHMOUD

How can you discover how prepared you are for a life of improved psychological health, or how ready you are for a state of unrest, psychological turmoil, and instability in your everyday life? Why do you become angry at someone without knowing the reason? Why are you fearful of something, someone, or some event, confrontation, or entity without having a clear explanation? Why do you feel anxious or nervous in certain situations without understanding the cause? Why do you love one person and hate another, and why is it that when you confront yourself about it, you find no answer? What are your greatest strengths and weaknesses? In this book, you will discover the secrets behind the motives of your behaviour, and it will reveal the memories stored in your subconscious mind from the time you were a child until now. In order to find the answers to all of your questions, simply follow these instructions, then send your feedback to the author: info@ihossa.com

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