

***Tame Your Brain for Success (1)***  
*~ By Jan Tincher*

**JAN TINCHER**  
HYPNOTHERAPIST &  
MASTER NEURO-LINGUISTIC PROGRAMMER  
Forest City, Iowa 50436

Contact information: jan @ tameyourbrain.com  
(Remove space before and after @.)  
[Http://www.tameyourbrain.com](http://www.tameyourbrain.com)

**This is a free ebook! You can give this ebook away freely, as long as you do not alter this ebook in any way, and it must remain in this original PDF form with no changes to any links contained in this ebook.**

Copyright Notice: Jan Tincher and “Your Brain!” All rights reserved. Any unauthorized use of these materials by any means, electronic, mechanical, or otherwise is strictly prohibited. No portion of these materials may be reproduced in any manner whatsoever, without the express written consent of the publisher. Published under the Copyright Laws of the Library of Congress of the United States of America, by:

Jan Tincher  
Tame Your Brain <http://www.tameyourbrain.com>

If you would like to become an affiliate of Jan Tincher’s products and earn commission, email her here. Jan @ tameyourbrain.com (Remove the space before and after the @.)

### **Limit of Liability**

DISCLAIMER: Jan Tincher and/or “Tame Your Brain!” do not guarantee or warrant that the techniques and strategies portrayed will work for everyone. The techniques and strategies are general in nature and may not apply to everyone. The techniques and strategies are not intended to substitute for obtaining medical advice from the medical profession. Always consult your own professionals before making any life-changing decisions. Any and all links and recommendations are for instructional and information purposes only and are not warranted or guaranteed for accuracy, content, reliability, or reputation, or any other expressed or implied purpose.

### **About the author**

Jan Tincher is a Master Neuro Linguistic Programmer. She is an award winning author and has written hundreds of articles on the subject of NLP. Visit her website at <http://www.tameyourbrain.com>

This is a FREE e-book. Learn from it! Share it!

If you are a webmaster,  
feel free to offer it on your site as a Bonus Book!

***Here are five articles that will teach you:***

How Your Reactions To Situations Can Change

How To Stay Focused (Something that people with 20 things going on at once find hard to do.)

How To Center Yourself

How To Change Your Negative Ways

How To Learn How To Spell Difficult Words Forward and Backward.

***These techniques and strategies are so cool, you'll wonder why they didn't teach you this in school. Just think how your life would have been.***

## Action Or Reaction?

~ By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

When you snapped at someone -- were you acting or reacting?

When you made fun of someone -- were you acting or reacting?

When you got mad at someone -- were you acting or reacting?

When you teased someone -- were you acting or reacting?

Reacting, mostly, because you aren't normally that way, are you? And, once you've done whatever you've done, it's just incredibly easy for the other person to retaliate.

Then, what happens? Stuff you probably regret, right?

Why not just take charge immediately, and make a decision not to snap at, make fun of, get mad at, or tease people?

Yes, I know. Tough to do? Easier said than done? No way?

Well, look at your life now in those areas -- and look at how your life "could be". Don't you think it would be worth it to get serious about changing that, to take control now? I mean, 9 times out of 10, you didn't mean to snap at, make fun of, get mad at, or tease those people. Those are the times we're talking about now. Reactions to those types of situations can be change.

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

And, actually, change really is fairly easy.

You know why? Because whatever you did, you likely did out of habit. In other words, you “reacted” out of habit.

Why not make a new habit? One that benefits everyone in the long run.

Here's what you do to make it easy NOT to react out of habit:

Instead of reacting, decide to ask yourself these questions “automatically”:  
Did the other person do something unintentionally? (Meaning by accident?)  
Did the other person do something immediately (Meaning they reacted to something YOU did?)

If the answer is yes to either, it's easier to let it go, because, hey, we ALL make mistakes. Again, let it go.

Now, if this isn't the case, still see if you can let it go. Ask these questions:

Can I release it?

Will I release it?

When?

(You can read more about this at <http://www.tameyourbrain.com/releasing.htm> )

Now, IF you can't let it go right away -- and that's totally OK if you can't, we all move at our own speed -- here is another way to handle it.

When you get home that evening, and are able to sit down and relax, think about it. Replay the scene. Only this time, replay the scene showing how you were able to let it go.

What do you think about that? Of course it doesn't change what happened in the first place, but it does perform a very important function. It redirects your brain, so that you don't “automatically” do it the next time quite so easily. So that you are

able to think twice before acting. Notice I said “acting”, not reacting?

Just because we overreacted yesterday doesn't mean we'll overreact today. Not if we take the steps to change. Those steps are: Release your negative thoughts. Replay the scene showing you totally relaxed and in control.

Why do we want to do this? Because the more we take charge of our emotions, the more we will be relaxed and in charge of our emotions.

And won't that be nice?

Thanks for reading.

Jan

## DID YOU KNOW YOU HAVE A BRAIN “” A MIND?

~ By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Your mind is where you think your thoughts.

Your brain is in your head and pretty much controls your body.

Now, if your mind is suddenly shocked by something you see, it translates very quickly to your brain -- which translates very quickly to your body -- that you are shocked.

Depending on the severity of the shock and how you, yourself, respond to things, anything from the shakes to shutdown happens.

Let's dissect that . . .

You were shocked by something you saw. Or . . .

It could be something you heard. In which case, your brain searched for what you know of the subject. Then, it found a picture from your memory file to form in your mind.

That picture is your take on the situation, which shocked you.

In other words, your mind showed a picture to your brain that caused the reactions in your body.

OK, here's the tricky question . . .

What if you learned to control the thoughts that went into your brain?

What if your initial response segued to a softer picture. Or a softer response. Like "It's not so bad." "I can handle it." "This too shall pass." (That's my favorite.)

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

OK, try this. Find something that scares you, but not too bad, because we want to experiment on the easier things . . .

Take three deep breaths and say one of the three sentences recommended above, or make up one of your own, because I always say, whatever works, works.

Now, back to the scenario, doesn't that feel better?

Maybe, maybe not. Sometimes we need to experiment. Make sure you don't just do it once and give up.

OK, picture the scary, or not so scary, maybe more like disturbing picture -- how about a picture of you making a cold call, if you are in business -- and take your deep breaths and say your "Power" statement. That's what we'll call it OK? The Power statements are, once again, "It's not so bad." "I can handle it." "This too shall pass."

Or whatever you came up with on your own.

Going back to whatever works for you, works . . .

If two breaths work better than three, go for it. Same with four, five, or six! And while you're doing it, clench your fist together to feel the POWER!

Or . . .

Instead of clenching your fist, maybe straighten your stance, push back your shoulders, and feel the POWER!

Or maybe just smile mysteriously, but determinedly, as you take your breaths and say your POWER statement.

What that shows you is that your mind makes a definite impression on your brain. If you "change your mind" like you just learned, you are taking control of your reactions and staying in a more productive state.

Now you know that you have a brain AND a mind. And you know just a little bit more than you did about how to use your mind productively to bring positive results into your life.

Isn't that fantastic?

Thank you for reading.

Jan

## Why Can't I Stay Focused?

~ By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Do you know how to focus? Really focus?

No? Well, if you did know how, would it help you remember people's names? Would it stop you from being nervous, or at least help you control your thoughts so your thoughts don't make you nervous?

YOU BET!

How about if you talk too much or too loud? Would focusing help you?

YOU BET!

Would it help you remember where you left something? Or why you even walked into that room in the first place?

YOU BET!

Well, if focusing is such a benefit, why haven't you learned how by now?

Too many reasons to go into, right?

Well, you've got time to read this now, you might as well learn while you're here. Right? OK. Do Step One.

Step one: Standup straight. Take a deep breath and close your eyes.

Sidebar: Some may not be in shape, so maybe you'll want to sit down for this. The rest of you, STAND.

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Step two: Think of all the wonderful things that have happened in your life.

Sidebar: Since your mind does not know the difference between real and vividly imagined, if you don't have any wonderful things that have happened to you, imagine the wonderful things, things that may have happened to a friend or acquaintance.

Step three: Imagine what it feels like to experience something you don't think you can handle.

Step four: Now, imagine yourself succeeding. Succeeding, regardless! How do you stand when you're feeling that way? How do you look? How do you FEEL?

Step five: Now, on that feeling of exhilaration, feel the calm that is also there. Stand or sit straighter and imagine a golden glow of light in the shape of a funnel on the top of your head. Feel that light as it courses through your body.

Step six: Take another deep breath. Now, hold that breath in. As you hold your breath in, feel your heart beat.

Step seven: With your mind, feel your heart beat in your left little finger. (Or if you can't feel it there, feel it in your right elbow, or wherever, anywhere else besides your heart. Remember, whatever works, works.)

Step eight: Wait a couple heartbeats or so, then mentally move your heartbeat from your left little finger (or wherever you had it) to another place on your body. Isn't that fun? It's always nice to stretch your mind, isn't it? Is this the time to remind you that your mind is like a muscle? Use it or lose it? Right?

Sidebar: Release the breath whenever you feel the need, then take another deep breath and hold it while we work some more. Do this throughout.

Step nine: Now, as you take control of your heartbeat, moving it at will, pick one place you want to be your power place. Let's say it's your right thumb. That golden glow of light on your head is continuous and is flowing down, down through your arm into that thumb. Feel the power!

Sidebar: Now, if you are at the age where you tend to feel arthritis in a joint, this may feel like that. If you don't want to encourage that, pick a different place.

End of exercise.

Do this daily. Do it often during the first few days until you feel your power just by thinking of your power place. While your mind is concentrating on your power place, it isn't concentrating on anything else, and that's one of the purposes of this exercise. You have just learned to focus. After using this technique for several days (usually 21) it will become a habit. Toward the last few days you will feel a shift in your thinking, and you will be able to feel the confidence this invokes in your mind.

Just think, no one else knows how to do this. Hm. Well, no one you know, evidently?

You can startle your friends with your knowledge, you can impress your spouse, and best of all -- You can teach your kids!

If you find yourself getting nervous or forgetting things in the future, check it out. Were you focusing? Why not?

Thanks for reading.,

Jan

## WHAT IS YOUR BASE?

~ By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Do you have a base? A place within you that says, "Yes, I will do this." Or "No, I won't do this."

Your base is called many things. Your morals, your way of standing true to yourself, your conscience, your belief system, etc. But, for now, we'll just call it your base. It's the place where you know deep in your heart what's right.

Imagine what your base would look like if you gave it an entity. Imagine placing that entity in your left hand.

In your right hand, put a time when something overpowered you, causing you to revert back to old ways. Where you let your peers control your thinking. Where you let circumstances take over.

If you had times like that, those are the times you forgot your base.

Here are more times.

Someone did you wrong. You know the old song. Now, you have to get back at that person, in order to save face. Whoops. Forgot your base, didn't you?

Someone short-changed you, and you want what's yours. Whoops. Forgot your base, didn't you?

Someone snuck in line ahead of you, and you "don't have to take that." Whoops. Forgot your base, didn't you?

Someone cut in front of you in a line of cars that haven't moved for thirty-six and a half minutes, and the very least you were going to do is honk your little heart out.

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Whoops.

Forgot your base, didn't you?

Look at your left hand again. It's your base, your you-know-right-from-wrong place, your center, the place you'd rather be, that says you can handle it. The place where you are in control.

You know the way you should act, but the old programming is getting in the way.

Stand there for a moment.

Look at your base in your left hand. Feel the solidness of it. Know that it always knows what's right FOR YOU.

Look at the right hand that's holding the old reactions I mentioned at the beginning.

Look at them one at a time. Do they hold anything dear to you? How important is being right if it's going to hurt someone? How important is the sixteen odd cents of change that you were short-changed, if it causes someone to be hurt or to be put in the wrong?

How important is it to you to have your peers see you act like them?

How important is it to lash out and get back at people if it causes you to lose your base?

Your core belief system that says you are better than that. (Not better than others. Just better than the way you acted.)

Your peers didn't put that belief system in you. They aren't in charge of it. You are. YOU put it there. If it isn't serving you, find a different one, but don't find a different one because it isn't serving someone else.

Put all the good energy you can in that left hand. Let it bounce as though it were a

ball.

Know that it is yours and no one can take it away from you, unless YOU let them.

Now, look at the right hand. Look at the trouble you experienced in those situations.

Now, visualize those instances again. Except this time, see you handling them from within your base. Your very core. Feel the strength you get from that left hand.

TIP: Every successful business has a mission statement that they go by. That mission statement tells everyone what they will and will not do. The gist of their mission statement is “We will help others. We will not knowingly hurt anyone. We will do this, this, and this for our client. We will stand behind our word. People are more important than the dollar. We will act with integrity.” And they live by that. Some go so far as to say “If it is not enjoyable, if we do not have fun while we are creating it, if it does not help people, we will not do it.” Doesn't that sound a little like you would like to live your life every day?

Wow. Always know your core belief system. Know where you're going. You don't have to know how you're going to get there, just keep that success picture right in front of you. Your brain will find the way.

Thanks for reading.

Jan

## Technique For Changing Your Ways

By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Let's say you have a bad habit. You continually do the bad habit. Your bad habit is cemented in.

What do you say to yourself about the bad habit? "That's just the way I am." "I'll never change." "This is the way my life will be from now on." "I can't change. This is how my friends see me. If I change they won't like me anymore." Well, if that last one is throwing you, you need to think about it and decide what really is important. That you keep your bad habit and your friends, or you change your habit and take a chance on your friends.

Regardless, if you can think, you can change.

Liken yourself to an old plow horse. The plow horse went down the row every day. He didn't stop until he came to the end. When he came to the end, he turned around and went back the same way. There was no changing that plow horse. That was the way he was.

Well, one day, the farmer bought a new acreage. For whatever reason, it was longer.

The first day, the plow horse would start to turn around early, so the farmer saw that he had to take control. He had to keep the plow horse going until he got to the end. Every day the farmer had to go out and walk the plow horse all the way to the end, then turn him around, walk him to the other end, and repeat the process.

The farmer had to do it for how long? Just until the plow horse caught on. Once the plow horse got into the habit of going until he reached the end of the new acreage, he did it.

Think of your brain as the plow horse, yourself as the farmer. If you want to stop a

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

bad habit, you need to stop it and replace it with a good habit. If you *habitually* reached for a second brownie, now *habitually* reach for a glass of water. If you *habitually* reached for a cigarette, *habitually* reach for a glass of water. Whatever you *habitually* reach for that is bad for you, substitute *habitually* reaching for something that is good for you.

Here are some bad habits you may not have thought of.

If you have a bad habit of putting your middle finger up when you are angry, *habitually* put up your whole hand and just look at it. Make a point to *habitually* smile at the palm of your hand.

If you have a bad habit of saying bad words that are out of your mouth before you realize it, add to them. They are already out there in the air, just continue going. Start out with adding to-me-too-and-jump-a-rope. Then get creative, so much so that the word or words are already covered up and no one knows what they were in the first place.

If you have a bad habit of hitting people, even in jest, make it a point to hit “air”. Decide now you are never going to hit people again, never make physical contact with your fist. Make it a *habitual* habit never to hit people again.

Thanks for reading.

Jan

## ARE YOU HOPELESS AT SPELLING?

By Jan Tincher

Copyright © Jan Tincher - All Rights reserved

[Http://www.tameyourbrain.com](http://www.tameyourbrain.com)

Did you have trouble spelling in school? Now, that you're an adult, do you still have trouble spelling? Well, here's help!

Some of us, no matter how hard we try, cannot remember the correct spelling of certain words. OK, maybe a lot of certain words. But we shouldn't let that bother us, because now there is a technique that will help us remember the spelling of each word!

Now, pay close attention, because this is going to be fun. Prepare a list of words that you are having difficulty spelling.

Step One. Let's determine your access point. Now, this may sound weird, but keep reading, OK? Determine which way your eyes go when you are asking yourself questions like: What color is my favorite football jersey? What does the latest rock star look like? Which button on the dishwasher starts it? What does your favorite person look like wearing red?

Now, you may need help on this, so have someone ask you these questions and look to see which way your eyes go. Up or down, left or right? Whichever way your eyes go is the direction it's easiest for you to access information in your brain. Let's say you looked to your upper left. The upper left is your access point.

Step Two. Now, the easy part. What's your favorite color? See the word you are spelling in that color.

Isn't that easy? It makes it more fun, doesn't it?

Step Three. Now, look at the first word on your list of words and pretend to take a snapshot of it in your mind's eye.

Copyright © Jan Tincher - All Rights reserved

<http://www.tameyourbrain.com>

Take your eyes to your access point and imagine seeing that snapshot of the word in you favorite color.

As you look at the snapshot, read the letters out loud -- backwards.

Now read the letters forwards. Do it a couple of times until you have the feel of it, and wa-la! You can now spell that word that USED to be a problem.

TIP: Whatever you do, don't look down. If you do, and that isn't your access point, then . . . you've lost your access point. Simple, isn't it?

From now on, whenever you want to spell this word, simply visualize the snapshot in your head and spell the word correctly. **FORWARDS OR BACKWARDS!**

Now, can you really ever use this sentence again: "I can't spell very well."

I don't think so!

Thanks for reading.

Jan

Wait! Before you close this ebook, I want to make you a *one-time special offer!*

Let me explain . . .

I have written this **powerful ecourse** "Six Short Weeks To Success" that has helped many, many people . . . And I want it to help YOU!

However, some of you may not be able to afford it, so I have made it into an ebook -- this means two things. It's less money, and you don't receive support -- but you get the same great information. This ebook "*Six Short Weeks To Success*" is available for \$19.99.

It's an easy read. Easy to understand.

Now, you won't succeed overnight, but when you follow the directions, you **WILL** succeed! And if you follow it closely, you **WILL** succeed within the six week period, guaranteed! Not only that, but the techniques and strategies that you will learn will help you in all areas of your life. Not only that, but you can teach them to your children, your friends, your family! It's a gift that keeps on giving!

If you're willing to **invest in yourself** by grabbing the ebook of "Six Short Weeks To Success" I'll cut the price in HALF! That's only \$9.99. Go here:

<http://www.tameyourbrain.com/SuccessEbook/SuccessOfferEbook10off.php>

**But wait, there's one more twist...**

If you'd rather have the ecourse, which comes with support, I'll take \$10.00 off the price. That's only \$39.99! Go Here:

<http://www.tameyourbrain.com/successEcourse/successOffer10off.php>

**Either Way -- you win!**

With either option you can't lose.

Thanks for reading, and I hope I've been of help!

Jan