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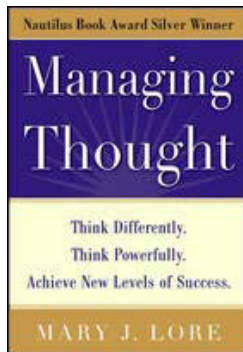
### For Immediate Release

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**Managing Thought : Think Differently. Think Powerfully. Achieve New Levels of Success**

by: Mary J. Lore



Winner of Two Nautilus Awards, The Eric Hoffer Award, The Axiom Business Book Award,

and two USA Book News National Best Book Awards

"**MANAGING THOUGHT** is to this century what *How to Win Friends and Influence People* and *7 Habits of Highly Effective People* were to the last century."

Barbara G. Stanbridge, change management expert and former president of the National Association of Women Business Owners

Professionals and executives have been taught that achieving success in their lives and organizations involves changing their behavior and performance. Yet extraordinary performance and breakthrough success

can only occur when we first change the way we think.

Our words and actions are governed by our thoughts. Do your thoughts inspire you? Or are you plagued with self-doubt, fear, worry, and stress? Do your thoughts serve you or do they sabotage your efforts? Your thoughts and actions directly influence your circumstances, your destiny, and your success. By managing your thoughts, you can consciously choose your future.

CEO [Mary J. Lore](#) provides a step-by-step process to turn habitual, counterproductive thinking into creative thinking and inspired action. [MANAGING THOUGHT: Think Differently. Think Powerfully. Achieve New Levels of Success](#) (McGraw-Hill Professional; March, 2010; HC, \$24.95) begins by showing you that your brain is not a computer, and that your mind does not have to operate on autopilot. Lore shows you that you can have power over your thoughts once you recognize the messages you send yourself, and reshape those thoughts to get positive results.

[MANAGING THOUGHT](#) teaches you to overcome limiting beliefs you may have developed whether through personal experience, in your family, in your work culture, or even in your society,

If you've ever operated from a place of fear, lack of control, or pure reaction - the reptilian, primitive part of the brain that responds without thinking - you can change. With a series of simple steps, Lore teaches you to:

- Identify thoughts that have a negative effect on you and your goals
- Halt the pattern of limiting beliefs, counterproductive goals using specific, empowering techniques
- Consciously recognize negative thoughts as they are happening
- Replace weak thought patterns with powerful patterns
- Access your highest awareness and creativity and become inspired
- Learn to sustain that state of positivity, which results in profound personal and professional change

[MANAGING THOUGHT](#) is a "thoughtful" book that teaches you to watch your thoughts instead of act on your inner dialogue, and ultimately change and empower the messages to create new sense of self-awareness and mastery.

#### About the Author:

[Mary J. Lore](#) has devoted 30 years to serving as a CPA, senior executive, turnaround expert, entrepreneur, and mentor to corporate leaders. She has conducted hundreds of *Managing Thought* workshops throughout North America for CEOs, key executives, and management teams.

She founded *Managing Thought* LLC in 2002 to help individuals and organizations develop self-awareness and change the way they think to attain long-lasting business and personal success. She is currently chair and expert resource for TEC (also known as Vistage International), the world's pre-eminent organization for the personal and professional development of CEOs.