



7

*steps to*

*improve your  
problem solving*





The Emotion Encyclopedia - Vol. 6 (Extract)  
**7 steps to improve your problem solving**

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## ***What's in this book for me?***

First of all, I would like to congratulate you for choosing to buy this book. It's clear from this act, that you want to discover and use new skills of improving your way of finding solutions to any problems you encounter in your life path. This book, in fact, has been written with the intention of providing you with the information you need to improve your ability of problem solving.

Through this book you will discover methods that will provide you with the support you need to achieve those results that will transform your life and the one of all those near you. In today's judgment-based world, it is easy to relinquish external pressure to continually change how to deal with problems. If you do not clearly know the correct strategies to use, you fall into the mistake of running behind weak attempts that do not produce the hoped results.

Today, like never before, losing sight of the priorities which need to be met is of extreme ease due to the huge amount of distractions. Thanks to the techniques of communication, especially with yourself, dealt in this book, you will know how to identify and solve any

problem, because you will learn how to manage your resources and plan your actions to overcome even tough situations.

It is indispensable to understand that self-esteem and discipline, which are essential to intervene in every matter, are not destroyed or even constructed in a single day, but what can happen in one day is that such a process of growth or destruction can be activated. So today with these seven systems or steps you can take the road that will lead you to your well-deserved goal to properly manage your time in coping with any event, even the most complexed ones.

Everything you have done so far was essential to make you becoming the person you are now, taking over this book in your private and working life, you will find it easy to use new ways or tips systems that will bring you and your skills to higher levels. My intention at the end of these seven chapters is that you have a schedule of steps to follow that can help you plan your life.

The book will show you that getting the confidence you need to become an expert in managing problems and difficulties is something that is possible to anyone who wants it at any time. Below I briefly refer to the main points and to some secondary points discussed here in order to arouse interest in the exposed material.



***1) Identify the problem***

- How to develop an abitude

***2) Your subconscious and A.I.R. system to problem solving***

- Write the questions
- Specific and detailed questions

***3) After you have written the questions let them incubate***

- In an experiment

***4) Write the answers***

***5)How to make the A.I.R. system an attitude***

- Communicate with youself before going to sleep
- Use it at work or in a team

***6) The method of the affirmations***

- Consider the following instructions as prescriptions for your results

***7) The 100 best affirmations for problem solving***



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***Thanks to the content of this book,  
you will be able to:***

- Begin to solve a problem through its detailed description and identification.
- Knowing how to value the importance of adopting good habits to face difficulties.
- Use specific and detailed questions to understand the real source of the problem and how to find the right solution.
- Use the right timing and intervention methods so that your inner self is the adequate source of inspiration for the solutions.
- Understanding how and where to find the best answers to your questions, to find the way out of a problematic situation.
- Acquire the scientific evidence demonstrating the validity of the A.I.R. system to improve a complex circumstance.
- Give due importance and call on your internal resources to develop the appropriate strategies that respect your principles and personality.

- Seize opportunities to take on the challenge of applying all your Problem-Solving skills and abilities.
- Eliminate doubts, uncertainties, and fears that block you from seeking the solution to a problem.
- Draw on a wide range of thoughts and phrases that you can use to intervene and turn difficult-to-manage situations around.



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