

Your Guide to Stop The Stinkin' Thinkin' In Your Brain QUICKLY



**ONE SIMPLE TECHNIQUE STOPS THE NASTY BRAIN TALK.
ALMOST INSTANTLY.**

Plus, a Bonus Technique to Make it Stick.

BY KELLIE OLVER

Hey there! And good for you! Taking control of that little voice in your head that is not so little anymore, and is now screaming at you with bullying, hateful, critical thoughts, is the first step to mastering your mind and getting what you want...whether its a new job, a new partner, or just looking and feeling decades younger.

Stinkin' Thinkin' is nasty and I believe the root cause of anxiety, obstacles, setbacks, and failures.

I created this step-by-step guide for you because I want you to quantum leap this part of your life.

I had no guide to stop my stinkin' thinkin' and I suffered terribly. With no reprieve. No way out.

So, I used to “white knuckle it” or wait it out, hoping the mental chaos would pass quickly and I could put my mind, thoughts, and life in order. Because if you don't have that, you have nothing.

Instead, I was left paralyzed with fear mentally, emotionally, and physically.

Until one day I got so angry with the lack of control over my mind and my thoughts, I exploded! Jumping up and down and screaming at the top of my lungs.

And the stinkin' thinkin' stopped.

I did some scientific research, fine-tuned this randomness, and created what I call SHAKE, a simple, invigorating, and primal ritual that takes just seconds to do yet creates a feeling of clarity, strength, power and control over you, your thoughts, and your brain.

With fast intense pounding movement, coupled with the use of your breath and the sound plus vibration of your voice, this Fast Fix will release the blocks in your mind, body, and emotions. Making room for new positive thoughts to take root.

SHAKE TECHNIQUE – Takes a Few Seconds

1. Stand up
2. Start running in place taking short quick steps
3. Slightly bend at the waist and lean forward
4. Start moving your arms in the same motion you would if you were running. Think of the pumping action of a locomotive.
5. Start pounding your feet into the ground as you take your running steps
6. Go faster
7. Start making a loud AHHHHHHH sound out loud
8. Go faster
9. When you can't go any more, throw your arms in the air and jump up, finishing with a loud AHHHHH crescendo.
10. Once completed your mind will be clear and alert. Stinkin' thinkin' thoughts gone!

[Watch this video demonstration of me doing SHAKE](#)

Now that the nasty thoughts are gone, how do you keep them from coming back?

Well, that is a whole other lesson and can't be taught in a one-step wonder guide.

But what I can do, is give you a bonus technique to keep those nasty thoughts at bay!

Bonus Technique: Plant New Seeds to Replace the Weeds

Fill that empty space in your brain, the place where all the stinkin' thinkin', life defeating, nasty dialogue used to reside, and instead plant new seeds of life thriving, powerful, positive thoughts and emotions into your brain to replace what was once there.

How to: use your imagination in technicolor and imagine someone or something, or a particular place or even your dog, that made you happy, full of love, gratitude, kindness, or joy.

And feel the emotion. See yourself planting that emotion inside your brain along with the experience.