



The Cognitive Rampage , a dose of authentic revelation

Adam Lowery MHC

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Do you believe there is truth? What if I told you there is no truth? Are you willing to question yourself? What if I could show you a way to make every choice in life easy? What if I could prove that you can make you happy right now, would you be interested? This is book is also for the addictive nature in each of us. Work, food, relationships, social status, and even self-sabotage can be addictions creating SYMPTOMS of anger, drug abuse, depression and anxiety. Treat the person, not the symptom. This has been the beginning of your mental training.

YOU WILL LEARN & APPLY

3 Principles to Change

to REVEAL, CULTIVATE AND GROW

Your 3 Tools for Change

1. **Rational Self-Analysis (RSA)** to reveal, identify and change negative core concrete beliefs, and to catch irrational thinking and reframe the now to control emotion and behavior
2. **Your Life Philosophy (LP)** will be revealed to make every choice in life easy by change the way you make life choices. Not that quote you keep using.
3. **Your Interest-to-Enthusiasm Inventory (I-to-E)** to discover many paths to authentic happiness anytime you need, while also revealing hidden passions and launching you on

YOUR COGNITIVE RAMPAGE!

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