



# High Vibrational Thinking: How to Have Great Relationships (High-vibrational Thinking)

*Steve Wharton*

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High Vibrational Thinking will change the things you don't like. This revolutionary method takes positive thinking to a whole new level. Throughout life we are managed by our subconscious, using programmes laid down in childhood. These programmes create comfort zones within us – but not all of them are positive. For example, if you were indulged with a lot of sugar as a child, then subconsciously you will continue to seek that comfort zone today. You will be continuously urged to maintain this high sugar comfort zone and you will pay for it by constantly fighting your weight. HVT reprogrammes the bad zones automatically. And then instils the confidence needed to regain positive control. It is a revolutionary new method that takes subconscious, positive thinking to a new level. And has been proved in retraining programmes to change people's lives.

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