

Personal Development Program Helps 1000s Achieve Success

Angela Jones June 30, 2015



self improvement by Andy Shaw

Since Andy Shaw released "A Bug Free Mind," a personal development tool in the form of a book, audio, videos and forums, 1000s of people from over 110 countries have managed to achieve success.

(Newswire.net -- June 30, 2015) Steyning, West Sussex -- Andy Shaw is a UK entrepreneur who made his first fortune from property investment. He later became bankrupt, but went on to recoup all of his losses and more, through publishing his "A Bug Free Mind" program. "A Bug Free Mind" is described as being similar to "The Law of Attraction", and like a program that aims to help the reader create success in all aspects of their life, including wealth, well being, and self-confidence, just by changing their mindset to a successful one.

The "bugs" that the title refers to are negative, self-defeating thoughts such as "I can't do that". Andy Shaw's personal development tool reprograms such thoughts to become thought patterns that are more geared towards success through detailed exercises that can be done in the comfort of your own home. The book "Creating a Bug Free Mind" was first published in 2011, though has been re-released with new insights and updates several times since then. The straightforward website abugfreemind.com includes many articles that can be read for free which touch upon some of the ideas discussed in-depth in the book. The website also offers readers the opportunity to download the first five chapters of the book for free, by filling in a simple form on the site's home page.

The **first chapter in Shaw's book is called "Finding Success,"** which is an introduction, and talks about the reasons why you may have not been successful so far. The second chapter is called "Changing Your Life" and teaches a technique which allows you to control your thoughts. The third is called "Perfect Peace" which teaches how to feel at peace in any situation. The fourth chapter, "Instant Restart," teaches a technique for "restarting" your mind. This is mentioned in an article on the website which talks about being able to cope your day if you are having a bad one. The fifth chapter, "Your New Life," goes into more detail about how to change the negativity in your mind that is stopping you from achieving success.

Shaw also has several videos available to anyone on YouTube, which give glimpses of what to expect on the program including the "No Mind Exercise" which talks you through achieving a clear mind. By purchasing the program you have access to the "Bug Free Mind" community, where peer-to-peer support is given to and from people who have read the book, listened to the audio or watched the videos. More information about Andy Shaw's personal development program called **"A Bug Free Mind," can be found on the official website .**

About A Bug Free Mind

Andy Shaw - The Bug Free Mind Process has now been proven in over 110 countries. Our purpose is to provide freedom from pain, happiness and certain success to the world one mind at a time

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