

WHAT IF?



WHAT HAPPENS IF YOU MAKE IMPORTANT DECISIONS BASED ON **WRONG INFORMATION?**

SOME DECISIONS SEEM EASY ..
OTHER DECISIONS ARE MORE CHALLENGING

YOUR CAREER,
RELATIONSHIP,
YOUR CHILDREN,
FAMILY AND
FRIENDS

AND YOU MAKE DECISIONS EVERY DAY

BUT WHAT HAPPENS IF YOU MAKE
THOSE DECISIONS BASED ON
WRONG INFORMATION?

MAKING DECISIONS (EASY)



MAKING A DECISION INVOLVES YOUR SITUATION,
OPTIONS AND EXPECTED RESULTS. LIKE THIS:

SITUATION

"I AM A BIT TIRED, I WANT TO BE ENERGIZED"

CURRENT OPTIONS:

"DRINK COFFEE OR TEA"

IF YOUR **EXPECTED** RESULTS ARE:

"COFFEE MAKES ME ENERGIZED"

"TEA MAKES ME TIRED"

YOU PROBABLY CHOOSE COFFEE
MAKES SENSE?

MAKING (CHALLENGING) DECISIONS

DECISIONS THAT INVOLVE OTHERS HAVE
MORE UNCERTAIN RESULTS

*"WILL **THIS** OR **THAT** CAREER BE
BETTER FOR ME?"*

*"IS **HE** (OR **SHE**) A BETTER PARTNER
FOR ME THAN SOMEONE ELSE?"*

*WHAT IS THE BEST CHOICE FOR
MY **CHILDREN**?"*



*.. BUT HERE IS **THE PROBLEM***

OUR INFORMATION IS IMPERFECT

AND WE DO NOT HAVE ALL THE INFORMATION

PSYCHOLOGY STUDIES THE BRAIN, HOW PEOPLE
THINK, FEEL, AND **BEHAVE**
.. SO IT **SEEMS** TO OFFER SOME CERTAINTY

BECAUSE OF THAT PSYCHOLOGY HAS **DEEPLY**
INFLUENCED OUR LIVES



BUT **SCIENTISTS** RECENTLY DISCOVERED
SOMETHING ABOUT PSYCHOLOGY

ARE THE PSYCHOLOGY STUDIES CORRECT?

TO MAKE SURE INFORMATION IS CORRECT
SCIENTIST RE-TEST OTHER PEOPLE'S STUDIES

AND IN THE EARLY 2010'S MORE THAN 100
PSYCHOLOGY STUDIES WERE RE-TESTED

HOW MANY STUDIES
DO YOU THINK
FAILED?

10% 20% 30% ..



60% FAILED!!

THIS IS REFERRED TO AS THE
"REPLICATION **CRISIS**" IN PSYCHOLOGY

YOU CAN READ MORE HERE:
[REPLICATION CRISIS ARTICLES](#)

THAT'S A SERIOUS PROBLEM

IF SOMEONE GAVE YOU A MANUAL ON
HOW TO CREATE "A LOVING RELATIONSHIP"
WITH **60% MISTAKES IN IT** ..

WOULD **YOU** FOLLOW IT?



OR A MANUAL FOR
"PARENTING YOUR CHILDREN"
"EMPLOYEE TRAINING" OR "MENTAL HEALTH"?

WOULD **YOU** FOLLOW IT?

TO MAKE BETTER DECISIONS

YOU NEED **BETTER** INFORMATION

YOU HAVE PROBABLY HEARD THIS BEFORE
"WOMEN ARE MORE EMOTIONAL THAN MEN"
RIGHT?

BUT SCIENCE SHOWED THAT THE STATEMENT
IS WRONG!



AND YOU CAN *"BUST MORE MYTHS"*
[HERE](#)

UNDERSTANDING YOUR MIND

MODERN NEUROSCIENCE
OFFERS **MUCH BETTER** INFORMATION



1) HOW YOUR BRAIN
ACTUALLY WORKS

2) HOW *EASILY* YOU
CAN CHANGE

3) HOW TO BEST
HELP OTHERS

4) SKILLS YOU
CAN LEARN TODAY

THE SCIENCE OF YOUR MIND

(INCLUDING **VIDEOS**)

THE BEST FOR YOUR MIND

YOUR BODY NEED SPECIFIC THINGS TO
WORK AT IT'S BEST

SO DOES YOUR MIND
AND **THAT** IS WHAT I GIVE YOU

MY NAME IS LEIF AND THE SCIENCE IS CLEAR:
YOU CAN CHANGE .. EASILY

THE QUESTION IS .. WILL YOU GIVE
YOURSELF THE CHANCE?



LINKS TO

15 SOLUTIONS

MASTERING
CHANGE

THE SKILLS OF
YOUR MIND