



Kernels of Knowledge: Change your Thinking, Change your Life

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Our thoughts and dreams are intertwined. Dreams cannot be created without thoughts and our thoughts are useless without being incorporated into our dreams. Our thoughts define and shape who we are.

“*Kernels of Knowledge* shows you how to take complete control of your mind and focus your mental powers on any goal. Change your thinking, change your life!” says Brian Tracy, bestselling author of forty-five motivational books.

Change is risk, but without risk we can never change. *Kernels of Knowledge* walks you through from where you are to where you want to be, and it establishes your plan on how to achieve your goals. It shows you how to conquer your fears and how—once familiar with your fears and once you understand them—they can no longer paralyze your dreams.

Through a mix of inspiring quotes, a pinch of personal experience, a dash of poetry, and practical, proven advice and strategies, Morgan walks you through the rewarding process of self-discovery. Learn to harness the creative power of dreams, eliminate fear, and define your personal goals. Once you know where you are and understand where you want to be and how to get there, you will believe you can fly.

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