

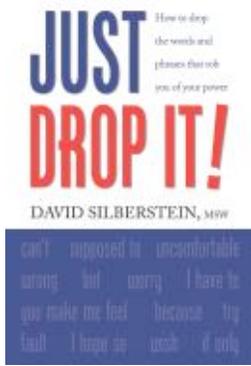
# JUST

How to drop  
the words and  
phrases that rob  
you of your power

# DROP IT!

DAVID SILBERSTEIN, MSW

can't supposed to uncomfortable  
wrong but worry I have to  
you make me feel because try  
fault I hope so wish if only



*Just Drop It! teaches a simple and powerful technique for transforming your life by dropping the words and phrases that rob your of your power.*

# Just Drop It!

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# **Just Drop It!**

How to drop common words and  
phrases that rob you of your power

by

David Silberstein, MSW

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2010

## What this book is about

This book offers a simple and powerful technique for changing your life—by simply *changing the words you use*.

In my practice as a therapist and personal life coach, I've encountered scores of clients who have planted seeds of negativity in their own lives through the language they use everyday. This book consists of prototypical conversations between me and these clients to illuminate how the words they use help create the problems and obstacles they struggle with. By eliminating them from our language, miracles *do* happen. Our lives can change for the better.

We are all the authors of our own lives. We choose—consciously or not—the words we think and say, and that has *everything* to do with our attitude and approach to life. *We create possibility—or its lack—through our words. We create nothing less than our reality.* If we say “I can't” [about anything], then we can't. It's as simple as that.

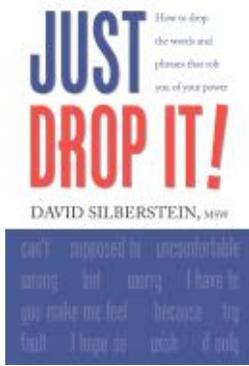
Use these dialogues to understand the transforming technique of *dropping certain words or phrases from your language*. Replace them with truthful, potent expressions that will shift your perspective, your behavior, and ultimately, your

*David Silberstein, MSW*

destiny.

Note on gender and language:

I want to acknowledge that in English we have to choose the gender of our pronouns, and the traditional pronoun is male. Sometimes I use the male pronoun, and sometimes female. No matter which is used, all the material in this book is useful for either sex.



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