

A.K. Ławińska

The Mental Diet

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Your Lifeline



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FRAGMENT

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Introduction

A mental diet opens the door to success in working on changing consciousness. By taking care of our mental diet, we consciously choose thoughts and feelings that shape our lives.

Every person, without exception, can change the mental nourishment they consume to one that ensures a wonderful life. However, the question arises, if it really takes so little to lead a beautiful and fulfilled life, why do so few people decide to incorporate a proper mental diet into their lives? After all, it is the reason of all the amazing, positive changes that most people dream of. Shouldn't that already convince everyone to apply the mental diet in their lives?

The answer to this question is not as obvious as it might seem. First of all, not everyone is aware that the way their current reality looks depends on what they feed themselves mentally. And those who already have this knowledge often do not yet understand what it means to maintain a complete mental diet, which is both the foundation and the best tool for of achieving and maintaining all positive changes in their lives.

Thanks to this book, you will learn what a proper mental diet consists of and what you need to do to stick to it, transforming it into your lifestyle. You will discover all the pitfalls that break your diet, which you were previously unaware of. You will also receive many

helpful tips that will help you persevere in the mental diet and turn it into your lifestyle. As you delve into the chapters of this book, you will also understand that the mental diet presented here is not just a means to an end, which is the fulfillment of your desires, but an end in itself. It is the proper mental diet that will allow every second of your life to be filled with the joy of existence.

Chapter 2

The Mental Diet – A Diet That Will Transform Your Life

The mental diet is the foundation of everyone's life. What we feed ourselves mentally determines what our lives look like. Whether they are happy and fulfilled or full of worries, problems and limitations. There is still little we know about how to cleanse our thoughts and emotions to start living a fulfilled, joyful life that so many people dream of.

At the same time, this is not a new topic. People have always sought answers to how to make their lives beautiful and simple. However, few have found it because most have not looked for it where it is located – in the realm of cause, not effect. The cause is not visible to the naked eye, as it is not physical. That is why so many people still struggle with the effects because they can see them, and they mistakenly believe that they are the cause of the phenomena in their lives. This struggle does not make much sense and does not bring the expected results, as it lasts indefinitely. As one problem is resolved, another quickly “jumps in” because the cause of the conditions and circumstances experienced by these individuals remains untouched. It must continue to recreate itself until it is defeated.

You are here because you no longer want to struggle with the effects, and you are aware that it is a senseless fight against the wind.

The proper mental diet leads to a lasting transformation of your life into one that is happy and fulfilled, not full of worries and limitations. This is because, by applying it, you get rid of the causes of your current experiences, so their effects must leave you spontaneously as a result of the change that will take place in the realm of thoughts and feelings.

To make this change, you first need to understand what a mental diet is. Each of us, without exception, follows some mental diet, whether consciously or unconsciously. The vast majority of people, however, do so unconsciously, and the result is often chaos in their lives, in which happiness appears only occasionally at best.

The mental diet consists of the nourishment of your thoughts and feelings. The more often you engage in certain thoughts and feelings, the stronger they become. Most people constantly engage in the same thoughts and feelings that flow from their habitual programs, and they have no control over them. However, in this way, these habitual thoughts and feelings only strengthen because they are continually fueled by the attention of the people who engage in them, even though this process often goes completely unnoticed. This is because, when thinking habitually and reacting automatically, we are absent. We don't know then that we have a choice, as we unconsciously identify with our thoughts and feelings. The consequences of habitual thoughts and accompanying feelings are all the conditions and circumstances that a person currently experiences in their life. The state of their body, mind, finances, and relationships with others, and whether they are happy or not, is conditioned by the thoughts and feelings they engaged in in the past. This is the case for all of us. Therefore, every smallest aspect of your reality is the result

of your thoughts and feelings that you engaged with in the past, and what your life looks like now reflects the quality of your mental diet.

What your future will look like, your next days and weeks, will depend on the thoughts and feelings that you decide to engage in right now because we always, without exception, create in the present moment. So don't worry that the mental diet that you have probably unconsciously applied so far has mainly multiplied chaos and limitations in your life. During the reading of this book, you will learn how to apply *The Mental Diet*, which can only result in beautiful and positive conditions and circumstances. When you make this diet your lifestyle, all your limitations and problems will also belong to your past.

Before you learn what a proper mental diet should look like, it is important that you fully realize that you always have a choice. You are not a slave to your thoughts, feelings, or mood. You can always consciously choose the thoughts you decide to engage in and decide whether to succumb to the negative feeling that overwhelms you or recognize it and then consciously transform it into a positive, constructive emotion.

Each of us can choose our mood, thanks to the will that directs our attention. And what we decide to give our attention to will determine where our energy flows. This is because energy always follows attention. Therefore, regardless of your thinking habits, programs, and ultimately, what your mental diet has looked like so far, you can change it. You just need to really want it. If you sincerely want to do it, half of the success is already behind you, and if you follow the knowledge you will learn in this book, failure to implement this

change will not be possible. No matter what thoughts come to you or what feelings overwhelm you, they cannot take control of you if you consciously or unconsciously do not allow it. It depends on your will what you focus your attention on. It is you who make decisions and can change them because you manage your own attention. You have free will, which guarantees you the possibility of choice.

Whether you decide to apply *The Mental Diet* and whether you persevere in it depends mainly on your motivation, determination, and discipline. You will learn helpful tips here that will greatly facilitate this process, but you must first want to use them. Perhaps what you are about to read will convince you that it is really worth applying the appropriate mental diet, also adding motivation.

Understand well that it is not possible for you to have happy and joyful thoughts while leading an unhappy, full of worries life. Similarly, conversely, you cannot engage in thoughts full of sadness, resentment, anger, or fear while enjoying a wonderful, fulfilled life. It is possible that you realize this, but most people mistakenly assume that their thoughts and feelings depend on their conditions and circumstances and that they must change their experiences first in order to change. This is untrue, one hundred percent erroneous reasoning. Look at it this way. If it were really like that, no one, absolutely no one, could change their life, and everyone, without exception, would be doomed to lead a life according to the conditions they had previously experienced. And if you believe that only fate or chance determines someone's happiness, see for yourself how absurd this belief is. It assumes that nothing depends on us and we have no influence on our own lives. Others say that someone else can change something in their life because they have character, which they lack.

This is also a mistaken perception. We create our character ourselves by choosing the thoughts and feelings that we feed on and that shape our character, so it is not fixed, as a large number of people still believe. If it were otherwise, no one could ever change, and everyone's life would be predetermined by where they were born, the conditions and circumstances they grew up in, and the character they were given. Leave all these old, completely wrong beliefs and replace them with a strong belief that only you decide whether your life will change for the better or remain as it is. Similarly, others consciously or not, decide what their life looks like. You cannot force anyone to decide to apply this knowledge in their life. However, you decide whether you will do it.

If you sincerely desire change and are ready to fight for it, try to understand well that changing your state and circumstances is not possible without changing the thoughts and feelings you undertake and nurture. Conversely, it is not possible for your reality, including all the conditions and circumstances you experience, not to change after changing your thoughts and feelings. If you are still wondering if this makes sense, remember how many times you have tried to change something, fighting your problems, conditions, and circumstances. Was it not that despite your sometimes enormous efforts, what you tried so hard to fight eventually returned to your life? Perhaps you changed your place of residence, met new people, and tried to do new things, but your life sooner or later began to look similar to what it was before the changes you made on a physical level.

The time has come for you to make a change on the mental plane, and when you do, your conditions and circumstances will have to spontaneously change. Your every state, mood, and what you are

currently experiencing in your life are merely the end products of your mental diet, which you are constantly applying. To change this, it is essential to accept that every person, including you, is able to choose their mood. If people did not have the ability to change their mood and were forced to submit to it, lawbreakers should be unpunished because, reasoning this way, they could not behave otherwise. As you know, this is not true. Unfortunately, many people forget that this does not only apply to cases where the law is broken, but also to all others. No one could be a free person if they could not choose their mood themselves, and no one could then be held responsible for their actions or their life in general because if they had to submit to how they feel, how could they do that? However, we know that this is not true, and each of us is responsible for our choices and decisions. Unfortunately, many people mistakenly believe that they are victims of their moods and have no control over their lives. At the same time, someone thinking this way does not realize that this is also their choice, even if they have no idea about it. Similarly, many people mistakenly assume that they are slaves to their conditions and circumstances, which they believe prevent them from making desired changes. As a result, they react to their current experiences with the same thoughts that brought them to life, only maintaining what they now experience. With such a belief, these people fuel a vicious cycle that over time gains so much momentum that it is extremely difficult for them to distinguish causes from effects.

Now that you have clearly noticed the crucial role a proper mental diet plays in your life, you will learn what it should look like and what effects it entails. As explained earlier, the goal of a mental diet is to change your thinking habits.

Every person who perseveres in a mental diet will change their thinking habits, which in turn will change their conditions and circumstances. When you apply this mental diet, you automatically and naturally reprogram your subconscious mind. In fact, just one week of a full mental diet is enough to create a habit of positive thinking. At the same time, you must be aware that maintaining a full mental diet in the first week of trying it is not easy, and few people succeed. However, this does not matter, because if after every stumble, you always return to the mental diet presented here, over time you will be able to fully apply it, not only for one week but for every day of your life, as you will make it your habit. Remember that no minute spent on the proper mental diet is wasted and brings only positive results.

THE MENTAL DIET

When following this mental diet, you should only undertake positive, optimistic thoughts. You need to understand that while on this diet, you cannot entertain any thoughts that are not constructive. Thoughts about problems, failure, fear, disappointment, malice, criticism, envy, resentment, self-condemnation, or condemnation of others, illness, or accident are thoughts that you absolutely cannot afford to have while on *The Mental Diet*.

It is important that you now understand the difference between entertaining thoughts and the influx of thoughts. No thought that comes to you has any meaning or power until you decide to start entertaining it, considering it, analyzing it, and dwelling on it. The thoughts that flow into you are irrelevant. Even if a thousand such thoughts come to you during the day, it doesn't matter until you decide to devote your attention to them. What can you do instead? You have two

options: the first is to observe these thoughts and then ignore them. The second way is to immediately consciously focus your attention on a positive thought of your choice. You can also use the Reverse Method, which was presented in the first chapter, and the rest of the practice you already learned there. In the following chapters of this book, you will learn more helpful tips that will make turning your attention away from negative thoughts and not entertaining them incomparably easier.

Remember that you cannot dwell on or contemplate negative situations from the past, present, or those you fear experiencing in your future. The mere influx of these thoughts does not interrupt your mental diet, as long as you do not decide to devote your attention to them. You must be aware that many negative thoughts will come to you during this practice. They will flow from your habitual programs, the mass mind (the collective mind of all people), or from other people who will suggest them to you. As already mentioned several times – these thoughts are meaningless until you start entertaining, analyzing, or considering them, directing your attention to them, and fueling them with your energy. Be aware that no situation or conditions and circumstances you are currently experiencing, no matter how negative, affect your mental diet if you do not decide to react to them. You do this when you worry, give in to feelings of fear or sadness. By doing so, you make your thinking dependent on the conditions and circumstances you are currently experiencing, considering them permanent and fueling them with your energy and attention, maintaining them in your life. Make it clear to yourself that everything you see and experience is merely the result of your thoughts and feelings you had in the past. If you change them, the consequences, your current experiences, will also have to change.

While on *The Mental Diet*, it is also necessary not to automatically surrender to not only the thoughts that flow into you but also the feelings. If feelings of anger, irritation, or sadness come to you, notice them, observe that they have appeared, and then consciously start changing them to a positive feeling of your choice. Perhaps you now think you cannot control your anger or irritation. This is not true. You feel this way because when these feelings arise, you lack attention and automatically give in to them, allowing them to take control over you and making it increasingly difficult for you to stop and regain your composure. However, if you are attentive, you will notice the moment when these negative feelings begin to rise within you, and it is at this point that you can consciously decide whether you want to surrender to them, which as you already know, will bring nothing good, or you intend to reject them, choosing another, constructive feeling in place of the negative, life-destroying emotion.

Now, all the advantages of *The Mental Diet* will be gathered so that you can clearly see the tremendous benefits that come from applying it and making it your lifestyle.

ADVANTAGES OF THE MENTAL DIET

- 1. The result of its implementation is a happy and fulfilling life.**
- 2. While learning the mental diet, you begin to understand the difference between conscious life creation and living on “autopilot.”**
- 3. Achieving inner peace and harmony.**
- 4. It allows you to discover and hear your true Self, whose voice always carries inspiration, all goodness, and happiness.**

5. **It enables you to achieve good relationships with others, improved well-being and financial freedom.**
6. **You develop spiritually and gain control over your mind.**
7. **Love and happiness become your natural state.**
8. **You experience the joy of existence.**
9. **Everyone in your environment benefits as well, as they receive your beautiful, high vibrations, which result from practicing this diet.**
10. **You consciously choose your thoughts and emotions, so you fully consciously direct your life.**
11. **The mental diet has no drawbacks.**

As you can see for yourself, you lose nothing by deciding to apply the mental diet discussed in this book, and you have an incredible amount to gain. Moreover, even an hour spent on the mental diet is a step towards a better life and is never wasted. While implementing this diet into your experience, your well-being naturally improves, and your attention begins to increase. As a result, you start noticing many things that previously escaped you. This way, you can see exactly how you have thought so far and understand why your life does not look the way you would like it. Most importantly, you realize that you always make the decision, and you do not have to entertain, analyze, or dwell on the thoughts that come to you, regardless of their nature. Instead, you can simply ignore them, turning your attention away from them.

As soon as you decide to apply *The Mental Diet*, you will notice that you start having more energy, and your faith in the positive effects of its implementation gradually begins to increase, while you increasingly naturally feel love and joy. All these constructive

changes that you can see during the first moments of practicing this mental diet will add motivation for you to persevere and transform it into your lifestyle.

A. K. Ławińska

The Secret of Conscious Creation

A Guide to the Teachings of Neville Goddard

This book is a wonderful tool for anyone who wants to learn how to create their life with full awareness. Thanks to this publication the timeless message of Neville Goddard, a legendary mystic and spiritual teacher of the 20th century, can become far clearer to you. In this book you will come to find that the truths he proclaimed remain incredibly relevant today, and the knowledge he shared perfectly aligns with modern approaches to the power of the human mind. The book is an invitation to experience his methods in practice and to discover the incredible possibilities hidden within your own inner self.

A. K. Ławińska

The Conscious Subconscious

A Guide to the Teachings of Neville Goddard

Reading this book, you can better understand the foundation of Neville Goddard's methods, which serve as a tool supporting the process of conscious reality creation. Thanks to these teachings, which have enjoyed immense global popularity for decades, you can gain valuable knowledge on how to achieve your goals. Honest desire, persistence and personal commitment are key elements when working with this method. This practice is based on timeless laws of the mind that perfectly align with modern approaches to personal development. Applying these principles in daily life allows you to perceive the potential hidden within your own inner self and to open up to positive changes.

A. K. Ławińska

Infinite Power Within You

A Guide to the Teachings of Joseph Murphy

To change your world, you must first change your mind. One cannot maintain the same thoughts and feelings while simultaneously expecting changes to occur in life. Joseph Murphy knew this well and successfully shared this knowledge with others. The value derived from his legacy is widely esteemed, and the guidance contained within serves as a tool supporting the process of deep personal transformation. This publication allows you to see why these timeless techniques, when utilized in daily life, can help bring expected results. The book also helps to understand where the foundation of their effectiveness lies, allowing opening up to positive changes and discovering the incredible potential of their own inner self.

A. K. Ławińska

The Metamorphic Code

The Metamorphic Code is a practical book containing a collection of well-known methods and techniques. Applying them systematically and consistently can help you unlock the gateway leading toward changing your life into one you desire. Within it you will also find explanations of important concepts, the reflection and understanding of which may facilitate viewing your own reality from an entirely new perspective. You will discover answers to many significant questions, presented in a form that allows you to easily relate them to your own experience. The power you desire and seek is already present within you. At the same time it remains inactive if you cannot perceive or utilize it. This publication serves as an inspiration that can help you do both.

A. K. Ławińska

The Quantum Formula – Power of Mental Emptiness

Through this book, you can begin to understand that you are the creator of your own reality and discover how to apply this knowledge in practice to open yourself to changing your destiny. You will discover a method that when applied according to the proper guidelines, can become an incredibly helpful tool supporting the creation of your desired reality. This is an invitation to start taking action toward the life you want, instead of merely waiting for it to come to you.

A. K. Ławińska

The Secret of Spiritual Alchemy

A Guide to the Teachings of Emmet Fox

Emmet Fox was an outstanding spiritual teacher of the past century who helped many people understand how to change their lives through the conscious use of the laws of the mind. This book serves as a practical guide that introduces his timeless teachings to the modern reader in an easy, accessible way. This publication allows you to perceive how the daily application of these methods helps in the process of deep personal transformation and can facilitate handling life's challenges. The knowledge contained within is an invitation to stop limiting your potential, to start achieving your goals and to open up to the inner voice in which true wisdom and inspiration are hidden.