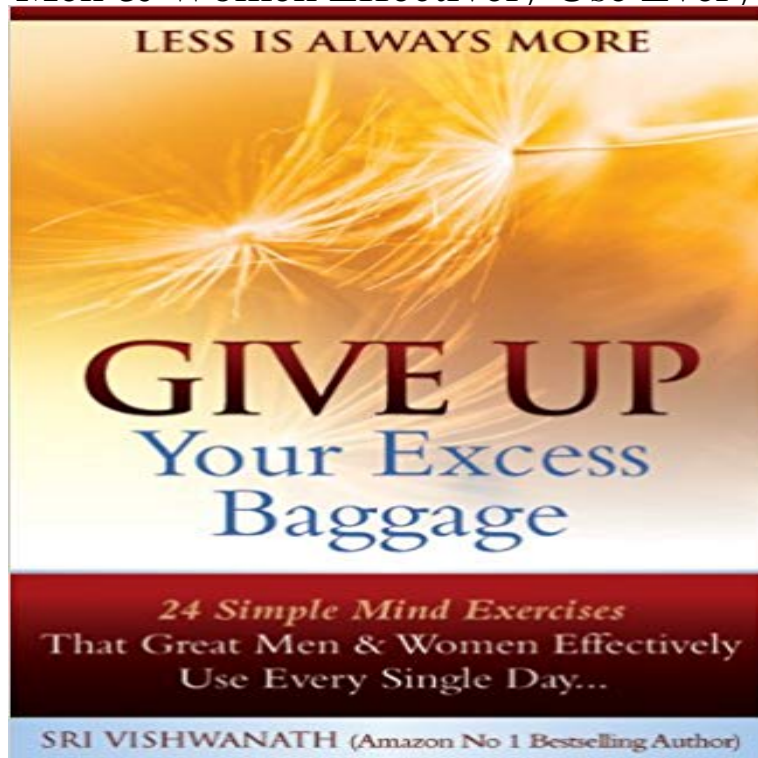


## Give Up Your Excess Baggage : 24 Simple Mind Exercises That Great Men & Women Effectively Use Every Single Day



A breakthrough process to remove past pains and how removing past pains give you freedom to restart your life more fully. Understand how time and life can warp your sense of reality and how learning one simple exercise can transform your life forever. These are the type of comments the material in this book has gotten from those who have either read the manuscript or taken my online course Dear Vish, today i followed the first few steps you suggested . Your way of teaching is very simple and the results i have managed to get within the first two weeks have been huge. I am impressed that I am starting on an incredible journey in my life This is a ground breaking turnaround in my life ! I will be really looking forward for more such inspiration and guidance from you This book is truly mind-enabling. By using and following the self-liberating exercises clearly and convincingly demonstrated, readers will be able to constantly reach the core of their minds. At the same time they will realize their latent ability to take effective command of their daily thoughts, impulses and instincts. Mounting self-powers of clarity and true purpose will steadily emerge, and become second nature, as distracting elements are thrust away and your minds become pillars of mental strength. Its the rare reader who wont find his outlook changed by reading this book, and his life improved by using the exercises.

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