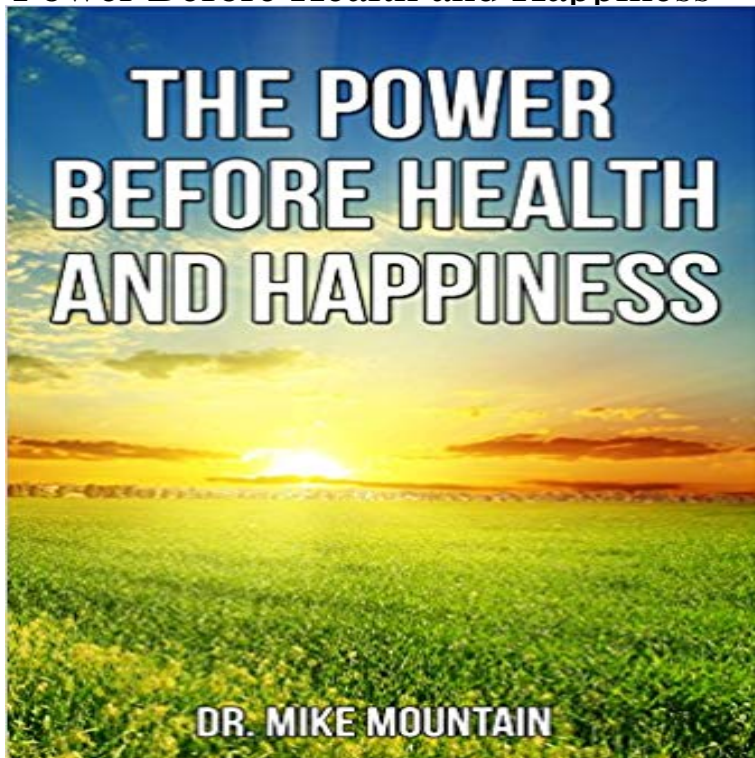


11 Life Changing Ways to Finding Unlimited Health and Happiness: The Power Before Health and Happiness



Have you ever asked yourself, how can I find more happiness, or what is the key to inner happiness? Have you ever wondered why you don't have the health that truly serves you? The Power Before Health and Happiness...11 Life Changing Ways to Finding Unlimited Health and Happiness answers those questions! In this book Dr. Mountain shares with you his dramatic story of near death and how that experience changed his life. You will learn the amazing information he discovered on how to have unlimited health and how to truly be happier with yourself. As an expert in mind - body health Dr. Mountain shares with you the latest understandings on how our happiness and health are inter-related. The thoughts that come from our mind, the words we say to our-self and others, and the feelings that we experience in our body all create patterns that affect both our health and happiness. You will learn how our past experiences are creating our present day health and happiness and you will know how to transform the experiences you have today into a bright and joyful tomorrow. If you want inner peace, this book provides the road-map. Neuroplasticity and epigenetics are the buzzwords in human behavior these days. This book shows you how to apply these neurological processes by taking charge of both your health and happiness. This book shares with you 11 simple but life changing ways to dramatically tap into your health by finding the happier, more optimistic and authentic you!

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