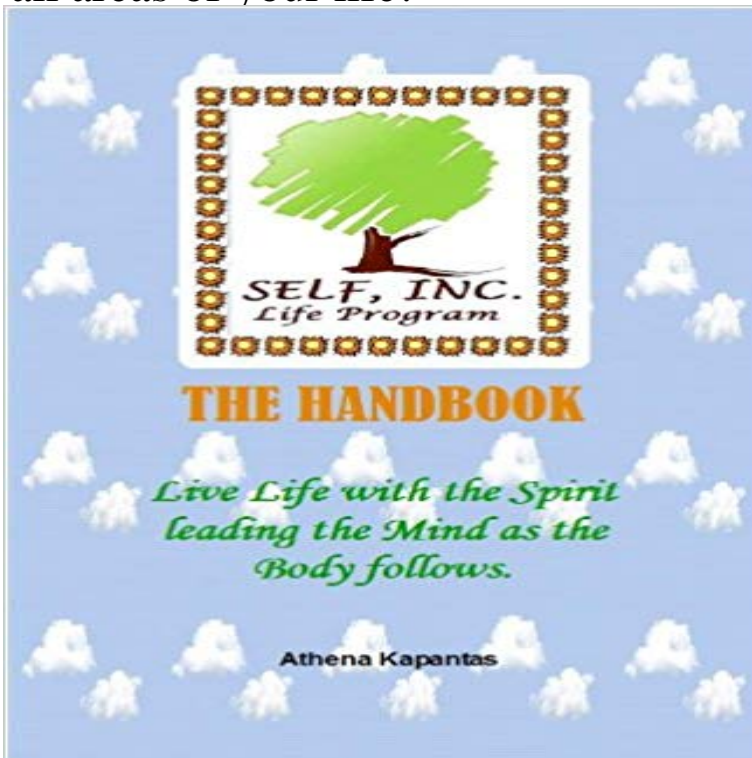


SELF, INC. Life Program Handbook: A practical, self-help life management program that helps you manifest TRUE personal success in all areas of your life!

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The SELF, INC. Life Program is a self-help, life management program. It is based on the concept that like a company, we are made up of 3 departments; the body, mind and spirit department. The SELF, INC. Life Program Handbook offers principles and a new way to manage your life so that each of your departments are running at optimal levels which ultimately leads to success in all areas of your life. It is a refreshing, simple and easy-to-apply system that also offers an alternative way to generate personal growth. If your goal is to experience PERSONAL SUCCESS, the SELF, INC. Life Program Handbook is designed to assist you in a way where you can take control over your life, like a CEO over a company, and make the necessary changes in order to manifest a life full of true meaning and significance while achieving goals in all facets of your life.

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applicable strategies for achieving/manifesting personal success in every area of your life.