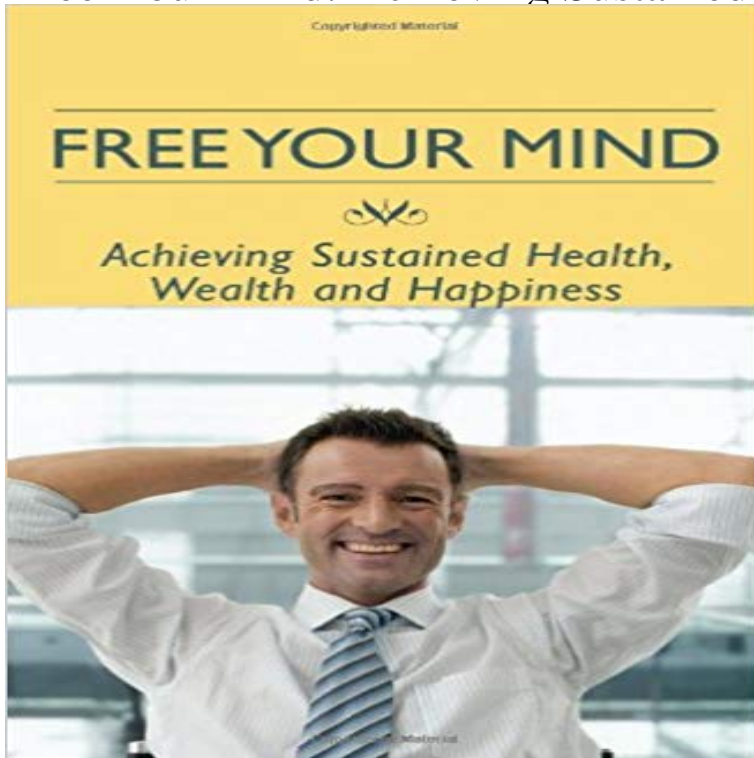


# Free Your Mind: Achieving Sustained Health, Wealth and Happiness



Ever wondered why others are successful and you are not? Are you always envious of what others have? Do you believe that you are better than the next person? If the answer is yes, then you know you must do something about it! This book will bring you closer to your dreams, provided you put in the effort. You must change your way of thinking, talking and acting. In short, change your way of living! To be a better person, you should focus only on the good things in Life. Look not upon what others have with envy, but with love. What you love and desire will come true should you focus on it. First in Mind (BELIEVE), Second in Spirit (FAITH) and Third in Body (ACTIONS). There is always a lesson to be learnt! You just have to look for it. This book tells you how to think and act on a daily basis. If you follow the guide, then the results will materialize. Better health, more wealth and untold happiness.

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