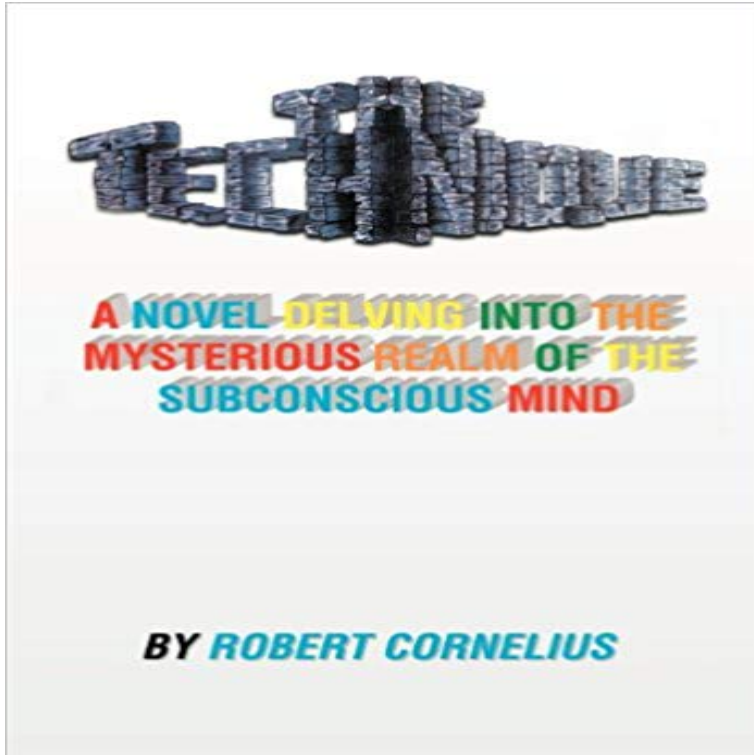


The Technique: A Novel Delving Into the Mysterious Realm of the Subconscious Mind



My book is a culmination of fifteen years of research and field study in an area that not many people are aware of, that being the subconscious mind. Instead of writing another non-fiction, how-to-book, I decided to convey all the experiences I had attained and all the knowledge I had acquired by incorporating them into an autobiographical novel. The information that is offered in my book is done in such a manner that the reader is not only entertained, but more importantly, enlightened toward understanding how to make life a little much easier and satisfying by utilizing a method I have coined The Technique. Through the use of flash-backs and descriptive narrative, the storyline follows best-selling novelist John Templeton as he embarks upon an adventurous 10-day writing odyssey by delving into the inner world of subconscious awareness and creative intelligence, searching for the elusive fulfillment toward achieving true mental, physical and emotional well-being, harmony and balance. What he discovers along this rare and unusual journey is the very heart of the novel which is divided into 3 parts: Books 1,2 and 3, Book 1 focuses on terminology, book 2 in character development, while book 3 encompasses methodology, all woven into one neat package.

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