

Welcome to Health, Happiness and Wholeness Box Set: Volume 1. In this guide we will be walking you through a the essential nutrients your body needs, the positive emotional principles that your mind craves and finally the formulas that your life requires to gain a healthier, happier and more whole life style. Well start off with your health since how well we feel can greatly affect how we live our lives. Our health can severely limit us and can, for some people, be the most important to start off with when it comes to their personal transformation. In this section we focus on what we need to live longer, healthier lives by simply swapping out DNA damaging foods an replacing them with DNA strengthening ones. The second portion of this guide will walk you through inner happiness and the cultivation of confidence using the principles put together into a single formula. It is important to heed the wisdom within this book as will bring you closer and eventually to who you are. It will move you closer to acquiring your desires. Finally, the third section of this guide revolves around our motivation. We explain how it is affected and how to get us into gear and accomplish our goals, so that we can live more fulfilling lives. Lets get started shall we?

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