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# “21 Quick Tips for Self Improvement”

Compiled and arranged by Dan Gonzalez ([DansReviews.com](http://DansReviews.com))

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**Note:** This publication was compiled as a reference and not as a medical, physical, psychological or physiological remedy or cure for ailments of any type.

Ok enough of that let's get to the nitty gritty :)

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Dear Friend,

Hello My name is Daniel Gonzalez and I'm happy to bring to you, something that I feel will be of great benefit to you in your life, no matter who you are or what country you live in, how old you are, male or female.

I've collected and compiled information in here that I felt was helpful to me, and now I share it with you.

First, I'd like to thank you and congratulate you on a job, well done!. By simply downloading this ebook you've shown traits of a person that is a doer. You may not think so but you'd be surprised at how many people want to improve their lives but don't even want to take the time to read something like this. Again, "Bravo-Zulu!"

Although this ebook is titled "21 Quick Tips for Self – Improvement" there is obviously more in here than just the tips. I like to over deliver, simply because it makes me feel good. I hope that's ok with you, I know I'd like that.

As you read I want you to really think of what it is that you want to achieve in your daily life. Notice I said daily life. This will give you tips on improving daily actions activities and thought patterns. As we all know it's the small individual things we perform and think as we go that build who we truly are and become. We are not DVD's to be able to fast forward, nor can we rewind once things are done. Keep that in mind. It is true that everything we do effects someone else in some way or another no matter how small and by what connection, if not directly.

Remember to get excited internally about the fact that whatever situation you are presently in, things can get better no matter how grim they may seem and no matter how much you have already achieved (for those thinking "I'm successful already"). We all, always have room to improve because **the road to perfection is endless** which is a good thing.

Use this book as something you can continually go back to or print out and incorporate in to your own personal development or use it as a start, for those of you who have not yet begun.

The layout of this ebook is as follows:

- **Why Is It Important To Improve Your Self?**
- **Build Your Self Esteem, A Starter Guide To Self Improvement**
- **"A Better You" Your 7 Days Program To Self-Improvement**
- **"Enlightenment" Your 7 days program to Positive thinking**
- **"Have One Week, Will Relax" Your 7 Days Program To Stress Managment**
- **Spiritual Growth: the Spiritual Challenge of Modern Times**



*"Don't let the flashy name fool you. Learn several ways to make money online"- Dan G.*

Feel free to jump to the sections you're interested in or read the whole thing at once. However your mind can absorb the information, that's how you need to approach it.

Whatever you do go about it as an adventure or as a mission to be accomplished. As my superior used to say when I was in the military when we were doing challenging work, "Gonzalez... You havin' fun yet? Cuz if you're not having fun, you're not doing it right!"

That got me through a LOT! Those words of encouragement actually made me enjoy much of what I did as well.

I will be recommending more advanced material and purchasable products in this publication that I've realized are some of the most potent systems I've ever encountered. I urge you to at least take a look at them as they could potentially catapult you further in your development than you ever dreamed possible mentally, spiritually and financially.

Alright!, enough of my yapping, you go on and enjoy the short ebook and put it to use :)

Thanks again,  
Dan Gonzalez – [DansReviews.com](http://DansReviews.com)

### **Why Is It Important To Improve Your Self?**

Sometimes, when we get all wrapped in our doubts, fears and insecurities, we tend to come up with the idea of "I wish I was somebody else." More often than not, we think and believe that someone or rather, most people are better than or better off than us.- when in reality, the fact is, most people are more afraid than us.

You spot a totally eye-catching girl sitting by herself at a party, casually sipping on a glass of Asti Spumanti. You think to yourself, "she looks so perfectly calm and confident." But if you could read into her wandering mind, you would see a bunch of cloudy thoughts and you might just be amazed that she's thinking **"are people talking about why I am seated here alone?... Why don't guys find me attractive? ...I don't like my ankles, they look too skinny... I wish I was as intelligent as my best friend."**

We look at a young business entrepreneur and say "Wooh... what else could he ask for?" Even though, in his mind when he stares at himself in the mirror he murmurs to himself, "I hate my big eyes... I wonder why my friends won't talk to me... I hope mom and dad would still work things out."

Isn't it funny? We look at other people, envy them for looking so outrageously perfect and wish we could trade places with them, while they look at us and think of the same thing. **We are insecure of other people who themselves are insecure of us.** We suffer from low self-esteem, lack of self-confidence and lose hope in self improvement because we are enveloped in quiet desperation.

Sometimes, you notice that you have an irritating habit like biting off your finger nails, or having a bad breathe, and you – of all people, are the last to know.

I have a friend who never gets tired of talking. And in most conversations, she is the only one who seems to be interested in the things she has to say. So all of our other friends tend to avoid the circles whenever she's around, and she doesn't notice how badly she became socially handicapped – gradually affecting the people in her environment.

One key to self improvement is to LISTEN and TALK to a **trusted friend**. Find someone who you find comfort in opening up with even the most gentle topics you want to discuss. Ask questions like “do you think I am ill-mannered?”, “Do I always sound so argumentative?”, “Do I talk too loud?”, “Does my breath smell?”, “Do I ever bore you when were together?”. In this way, the other person will obviously know that you are interested in the process of self improvement. **Lend her your ears for comments and criticisms** and don't give her answers like “Don't exaggerate! That's just the way I am!” Open up your mind and heart as well. And in return, you may want to help your friend with constructive criticism that will also help her improve her self.

One of Whitney Houston's songs says “Learning to love yourself is the greatest love of all.” True enough. In order to love others, you must love yourself too. **Remember, you cannot give what you do not have.**

Before telling other people some ways on how to improve themselves, let them see that you yourself is a representation and a product of self improvement. Self improvement makes us better people, we then inspire other people, and then the rest of the world will follow.

**Stop thinking of yourself as a second-rate being.** Forget the repetitive thought of “If only I was richer... if only I was thinner” and so on. Accepting your true self is the first step to self improvement. We need to stop comparing ourselves to others only to find out at the end that we've got 10 more reasons to envy them.

**We all have our insecurities.** Nobody is perfect. We always wish we had better things, better features, better body parts, etc. But life need not to be perfect for people to be happy about themselves. Self improvement and loving yourself is not a matter of shouting to the whole world that you are perfect and you are the best. It's the virtue of acceptance and contentment. When we begin to improve ourselves, we then begin to feel contented and happy.

## **Build Your Self Esteem, A Starter Guide To Self Improvement**

So how do you stay calm, composed and maintain self esteem in a tough environment? Here are some tips you may to consider as a starter guide to self improvement.

Imagine yourself as a Dart Board. Everything and everyone else around you may become Dart Pins, at one point or another. These dart pins will destroy your self esteem and pull you down in ways you won't even remember. Don't let them destroy you, or get the best of you. So which dart pins should you avoid?

### **Dart Pin #1 : Negative Work Environment**

Beware of "dog eat dog" theory where everyone else is fighting just to get ahead. This is where non-appreciative people usually thrive. No one will appreciate your contributions even if you miss lunch and dinner, and stay up late. Most of the time you get to work too much without getting help from people concerned. Stay out of this, it will ruin your self esteem. Competition is at stake anywhere. Be healthy enough to compete, but in a healthy competition that is.

### **Dart Pin #2: Other People's Behavior**

Bulldozers, brown nosers, gossipmongers, whiners, backstabbers, snipers, people walking wounded, controllers, naggers, complainers, exploders, patronizers, sluffers... all these kinds of people will pose bad vibes for your self esteem, as well as to your self improvement scheme.

### **Dart Pin #3: Changing Environment**

You can't be a green bug on a brown field. Changes challenge our paradigms. It tests our flexibility, adaptability and alters the way we think. Changes will make life difficult for awhile, it may cause stress but it will help us find ways to improve our selves. Change will be there forever, we must be susceptible to it.

### **Dart Pin #4: Past Experience**

It's okay to cry and say "ouch!" when we experience pain. But don't let pain transform itself into fear or long term nursing. It might grab you by the tail and swing you around. Treat each failure and mistake as a lesson.

### **Dart Pin #5: Negative World View**

Look at what you're looking at. Don't wrap yourself up with all the negativities of the world. In building self esteem, we must learn how to make the best out of worst situations.

### **Dart Pin #6: Determination Theory**

The way you are and your behavioral traits is said to be a mixed end product of your inherited traits (genetics), your upbringing (psychic), and your environmental surroundings such as your spouse, the company, the economy or your circle of friends. You have your own identity. If your father mother is failure at things, it doesn't mean you have to be a failure too or vice versa. Learn from other people's experience, so you'll never have to encounter the same mistakes.

Uncover the **ONE SECRET NLP Technique** THEY Don't Want You to Know! Discover the **NLP Secret!**  
● **Click Here to Learn More**

*Have you ever heard of Neuro-Linguistic Programming?  
Don't worry, it doesn't hurt lol. Click Here! It may change your life!*

Sometimes, you may want to wonder if some people are born leaders or positive thinkers. NO. **Being positive, and staying positive is a choice.** Building self esteem and drawing lines for self improvement is a choice, not a rule or a talent. God wouldn't come down from heaven and tell you – “George, you may now have the permission to build self esteem and improve your self.”

In life, its hard to stay tough specially when things and people around you keep pulling you down. When we get to the battle field, we should choose the right luggage to bring and armors to use, and pick those that are bullet proof. Life's options give us arrays of more options. Along the battle, we will get hit and bruised. And wearing a bullet proof armor ideally means 'self change'. The kind of change which comes from within. Voluntarily. Armor or Self Change changes 3 things: our attitude, our behavior and our way of thinking.

**Building self esteem will eventually lead to self improvement if we start to become responsible for who we are, what we have and what we do.** Its like a flame that should gradually spread like a brush fire from inside and out. When we develop self esteem, we take control of our mission, values and discipline. Self esteem brings about self improvement, true assessment, and determination. So how do you start putting up the building blocks of self esteem? Be positive. Be contented and happy. Be appreciative. Never miss an opportunity to compliment. A positive way of living will help you build self esteem, your starter guide to self improvement.

**Take Break! Check this out.**

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**[Discover the long-lost “NLP Secret” used by Tony Robbins and Richard Brandler for changing ANYTHING in your life in just 10 short minutes!](#)**  
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*The one NLP Secret that no one else  
will tell you about!*

## "A Better You" Your 7 Days Program To Self-Improvement

I seem to have lost count on how many times I've read and heard of celebrity marriages failing. Not that I care (and personally I don't), but it seems strange that we often see movie and TV stars as flawless people, living the fairytale life of riches and glamour. I suppose we all have to stop sticking our heads in the clouds and face reality.

There are many ways to lose your sense of self despite how trivial things could actually be. Whatever happens, we should stick to our path.

So what does it take to be a cut above the rest? Here are some of the things you can utilize and improve on throughout the week.

### **1. Know your purpose**

Are you wandering through life with little direction - hoping that you'll find happiness, health and prosperity? Identify your life purpose or mission statement and you will have your own unique compass that will lead you to your truth north every time.

This may seem tricky at first when you see yourself to be in a tight or even dead end. But there's always that little loophole to turn things around and you can make a big difference to yourself.

### **2. Know your values**

What do you value most? Make a list of your top 5 values. Some examples are security, freedom, family, spiritual development, learning. As you set your goals for 2005 - check your goals against your values. If the goal doesn't align with any of your top five values - you may want to reconsider it or revise it.

The number shouldn't discourage you, instead it should motivate you to do more than you can ever dreamed of.

### **3. Know your needs**

Unmet needs can keep you from living authentically. Take care of yourself. Do you have a need to be acknowledged, to be right, to be in control, to be loved? There are so many people who lived their lives without realizing their dreams and most of them end up being stressed or even depressed for that matter. List your top four needs and get them met before it's too late!

### **4. Know your passions**

You know who you are and what you truly enjoy in life. Obstacles like doubt and lack of enthusiasm will only hinder you, but will not derail your chance to become the person you ought to be. Express yourself and honor the people who inspire you to become the person you want to be.

### **5. Live from the inside out**

Increase your awareness of your inner wisdom by regularly reflecting in silence. Commune with nature. Breathe deeply to quiet your distracted mind.

For most of us city slickers it's hard to even find the peace and quiet we want even in our

own home. In my case I often just sit in a dimly lit room and play some classical music. There's sound, yes, but music does soothe the savage beast.

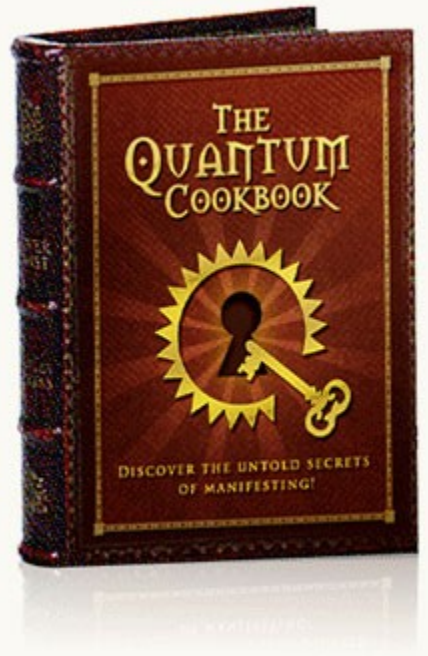
## **6. Honor your strengths**

What are your positive traits? What special talents do you have? List three - if you get stuck, ask those closest to you to help identify these. Are you imaginative, witty, good with your hands? Find ways to express your authentic self through your strengths. You can increase your self-confidence when you can share what you know to others.

## **7. Serve others**

When you live authentically, you may find that you develop an interconnected sense of being. When you are true to who you are, living your purpose and giving of your talents to the world around you, you give back in service what you came to share with others -your spirit - your essence. The rewards for sharing your gift with those close to you is indeed rewarding, much more if it were to be in the eyes of a stranger who can appreciate what you have done to them.

Self-improvement is indeed one type of work that is worth it. It shouldn't always be within the confines of an office building, or maybe in the four corners of your own room and even outside in nature or the general public if that's what it calls for. Just think you couldn't come in contact with others directly if you're always couped up in your home or office. Get out sometime, especially when your feeling down, as sometimes it can be a lift-me-up. The difference lies within ourselves and how much we want to change for the better.



## **Here's What "The Secret" Didn't Tell You!**

[Have you tried manifesting - without success?](#)  
[Discover the real manifestation secrets you won't find anywhere else. Recommended!](#)

## Enlightenment" Your 7 days program to Positive thinking

I'm sure you have a great idea hidden somewhere in the back of your mind that you just can't wait to test out. Of course you're not the only one with the great ideas. So what motivates you to churn those creative, or even inspiring juices into something with substance.

For one thing, it's always best to set up a personal goal where you can accomplish the most in record time, maybe like mowing the lawn in an hour before the big game on TV. A correct and positive attitude in whatever you do will make things easier, and even enjoyable.

Here are 7 simple tips to make it through the week even for when you're just sitting in your favorite couch. An idea takes time to form in your head and is always at work while you are busy sitting.

Having a bit of positive thinking can help you realize things that you've never thought possible. Thinking big is indeed the American Way and is what has made our country prosperous.

Throughout the week take one or two of these following tips, each day and harness them, work at improving on them and over time you will see noticeable differences in your behavior, your outlook on things in life and your results in accomplishing tasks.

**1. Take passionate action towards living your life by design.** Talk is cheap. Action = deposits in the bank of a passionately authentic future. Without it, passion is void.

This is a perfect example of how dreams are made when you start by tinkering with your mind, then with your hands. And even if the idea weakens, you can always go back to it later until you finish it.

**2. Commit to yourself** as well as those you love to create a powerful life you can love. Instead of reacting, commit to creating from your heart and soul, out of love rather than fear. The American Dream will always be there, but a dream will still be a dream without a motion to make it an attainable reality. Be amazed as the transformation begins.

**3. Recognize and embrace the thought that each moment is perfect regardless of its outcome.** Every time you hit on something that may appear too extreme, why not give it a shot and see if it will work. You will be surprised to see that there are other ways to get the tasks done and in time. If you are not pleased with the outcome, decide to use that moment to learn from and make the appropriate shift.

**4. Dwell completely in a place of gratitude.** Learn to utilize what you have in your hands and make use of it in the most constructive way. Slipping into neediness will become less of a habit when you repeatedly shift towards gratitude and away from poverty consciousness.

**5. Use a Passion Formula of Recognize/Reevaluate/Restore** in place of the Shoulda/Woulda/Coulda whirlwind. The former is based in increased knowledge and abundance while the latter focuses on scarcity and lack. As you face people or tasks that may seem to difficult to ...

overcome, allow yourself to realize that the task is just as important as giving out orders to your subordinates. You would rather be richly passionate!

**6. Keep humor at the forefront of thought**, laughing at and with yourself when possible. You may find yourself quite entertaining when you loosen up! I am yet to see a comedian ever go hungry even though his jokes are as old as the hills. It's how he or she delivers them that makes the difference. Life has so much to offer to allow you to mope around in self pity. Humor is very attractive, very passionate: life-giving.

**7. Believe that you are the architect of your destiny.** No one can take your passionate future from you except for you! Create your life authentically. As long as there's still draw breathe, there is no end to how much you can accomplish in a lifetime. The concept of thinking big is all about enjoying your work, which would lead to celebrate any discovery that is born within your hands. Watch everything flow into place with perfect, passionate precision.

It's interesting how people get wallowed up by something trivial as learning to use a computer, when nowadays that top computer companies are manufacturing software that even the kids can do it. I don't mean to be condescending, but that's the consequence of not having any positive thinking in your life-you'll just end up as a dim bulb in a dark corner. So instead of subjecting yourself to what you will be doomed for, make your path by taking the first step with a positive attitude.



[Click here to get Make Money Online - Honest Riches](#)

## **"Have One Week, Will Relax" Your 7 Days Program To Stress Management**

They say there's more than one way to skin a cat. The same goes when you start tearing your hair out with all the frustration, grief, anxiety, and yes, stress. It's a state of mental conditioning that is like taking that bitter pill down your throat, causing you to lose your sense of self, and worse your sanity. Just thinking about it can drive anyone off the edge.

And they say that the proactive ones are already living off the edge.

As one sometimes stressed-out person to another, I know how it feels, and believe me there are many variants when it comes to stress. Coping with life, and carrying the problems that may or may not belong to you can scratch away the little joy and happiness that you can carry once you head out that door. You can't blame them for being like that; they have their own reasons, so much like we have our reasons to allow stress to weigh us down. They say that stress is all in the mind, well then, what's bugging you anyway?

There are several ways to manage stress, and eventually remove it out of your life one of these days. So I'll try to divide it into a seven-day course for you and I promise it's not going to be too taxing on the body, as well as on the mind.

### **1. Acknowledge stress is good**

Make stress your friend! Based on the body's natural "fight or flight" response, that burst of energy will enhance your performance at the right moment. I've yet to see a top sportsman totally relaxed before a big competition. Use stress wisely to push yourself that little bit harder when it counts most.

### **2. Avoid stress sneezers**

Stressed people sneeze stress germs indiscriminately and before you know it, you are infected too!

Protect yourself by recognizing stress in others and limiting your contact with them. Or if you've got the inclination, play stress doctor and teach them how to better manage themselves.

### **3. Learn from the best**

When people around are losing their head, who keeps calm? What are they doing differently? What is their attitude? What language do they use? Are they trained and experienced? Figure it out from afar or sit them down for a chat. Learn from the best stress managers and copy what they do.

### **4. Practice socially acceptable heavy breathing** (ha ha, sorry that sounded funny to me)

This is something I've learned from a gym instructor: You can trick your body into relaxing by using heavy breathing. Breathe in slowly for a count of 7 then breathe out for a count of 11. Repeat the 7-11 breathing until your heart rate slows down, your sweaty palms dry off and things start to feel more normal.

You can also quicken this a bit. When your eyes are closed look slightly up or focus your dark vision right up to where your 3rd eye is located, not on your forehead, but slightly down,

between your eyebrows. For some strange but true reason doing this brings you to a quicker meditative state when done properly. Practice it, it definitely can hurt.

### **5. Give stressy thoughts the red light**

It is possible to tangle yourself up in a stress knot all by yourself. Thinking yourself into a worry like, "If this happens, then that might happen and then we're all up the creek!" is not going to make it any better and besides, most of these things never happen, so why waste all that energy worrying needlessly?

Give stress thought-trains the red light and stop them in their tracks. Okay so it might go wrong - how likely is that, and what can you do to prevent it?

### **6. Know your trigger points and hot spots**

Presentations, interviews, meetings, giving difficult feedback, tight deadlines.... My heart rate is cranking up just writing these down!

Make your own list of stress trigger points or hot spots. Be specific. Is it only presentations to a certain audience that get you worked up? Does one project cause more stress than another? Did you drink too much coffee?

Knowing what causes you stress is powerful information, as you can take action to make it less stressful. Do you need to learn some new skills? Do you need extra resources? Do you need to switch to decaf?

### **7. Burn the candle at one end**

Lack of sleep, poor diet and no exercise wreaks havoc on our body and mind. Kind of obvious, but worth mentioning as it's often ignored as a stress management technique. Listen to your mother and don't burn the candle at both ends!

Unfortunately several people I know and you may even be one that suffers from **[Panic Attacks or General Anxiety Disorder](#)**. There are stresses that can trigger any of the these to become full blown attacks. So in the hopes of finding something to help you, I came across a very effective system that has been helping people on-line for 7 years now, successfully.

It is the most effective DRUG FREE, treatment for Panic Attacks and General Anxiety Disorders. They have so many testimonials to it's effectiveness that it's shocking. As I said at the beginning these recommendation are with the utmost trust in these products from me after researching them. If I could help just one person overcome this, I will be an extremely happy man. Learn more about Panic Away just **[click here](#)**.

So, since having stress can be a total drag, but that should not hinder us to find the inner peace of mind that we have wanted for a long time. In any case, one could always go to the Bahamas and bask under the summer sun.



## **Spiritual Growth: the Spiritual Challenge of Modern Times**

To grow spiritually in a world defined by power, money, and influence is a Herculean task. Modern conveniences such as electronic equipments, gadgets, and tools as well as entertainment through television, magazines, and the web have predisposed us to confine our attention mostly to physical needs and wants. As a result, our concepts of self-worth and self-meaning are muddled. How can we strike a balance between the material and spiritual aspects of our lives?

### **To grow spiritually is to look inward.**

Introspection goes beyond recalling the things that happened in a day, week, or month. You need to look closely and reflect on your thoughts, feelings, beliefs, and motivations. Periodically examining your experiences, the decisions you make, the relationships you have, and the things you engage in provide useful insights on your life goals, on the good traits you must sustain and the bad traits you have to discard. Moreover, it gives you clues on how to act, react, and conduct yourself in the midst of any situation. Like any skill, introspection can be learned; all it takes is the courage and willingness to seek the truths that lie within you. Here are some pointers when you introspect: be objective, be forgiving of yourself, and focus on your areas for improvement.

### **To grow spiritually is to develop your potentials.**

Religion and science have differing views on matters of the human spirit. Religion views people as spiritual beings temporarily living on Earth, while science views the spirit as just one dimension of an individual. Mastery of the self is a recurring theme in both Christian (Western) and Islamic (Eastern) teachings. The needs of the body are recognized but placed under the needs of the spirit. Beliefs, values, morality, rules, experiences, and good works provide the blueprint to ensure the growth of the spiritual being.

In Psychology, realizing one's full potential is to self-actualize. Maslow identified several human needs: physiological, security, belongingness, esteem, cognitive, aesthetic, self-actualization, and self-transcendence. James earlier categorized these needs into three: material, emotional, and spiritual. When you have satisfied the basic physiological and emotional needs, spiritual or existential needs come next. Achieving each need leads to the total development of the individual. Perhaps the difference between these two religions and psychology is the end of self-development: Christianity and muslims see that self-development is a means toward serving God, while psychology view that self-development is an end by itself.

### **To grow spiritually is to search for meaning.**

Religions that believe in the existence of God such as Christianity, Judaism, and Islam suppose that the purpose of the human life is to serve the Creator of all things. Several theories in psychology propose that's what ultimately gives meaning to our lives. Whether we believe that life's meaning is pre-determined or self-directed, to grow in spirit is to realize that we do not merely exist. We do not know the meaning of our lives at birth; but we gain

knowledge and wisdom from our interactions with people and from our actions and reactions to the situations we are in. As we discover this meaning, there are certain beliefs and values that we reject and affirm. Our lives have purpose. This purpose puts all our physical, emotional, and intellectual potentials into use; sustains us during trying times; and gives us something to look forward to---a goal to achieve, a destination to reach. A person without purpose or meaning is like a drifting ship at sea.

**To grow spiritually is to recognize interconnections.**

Religions stress the concept of our relatedness to all creation, live and inanimate. Thus we call other people “brothers and sisters” even if there are no direct blood relations. Moreover, deity-centered religions such as Christianity and Islam speak of the relationship between humans and a higher being. On the other hand, science expounds on our link to other living things through the evolution theory.

This relatedness is clearly seen in the concept of ecology, the interaction between living and non-living things. In psychology, connectedness is a characteristic of self-transcendence, the highest human need according to Maslow. Recognizing your connection to all things makes you more humble and respectful of people, animals, plants, and things in nature. It makes you appreciate everything around you. It moves you to go beyond your comfort zone and reach out to other people, and become stewards of all other things around you.

Growth is a process thus to grow in spirit is a day-to-day encounter. We win some, we lose some, but the important thing is that we learn, and from this knowledge, further spiritual growth is made possible.

Being in tune with your spiritual side is sometimes a challenge these days with all the clutter that life brings us sometimes. As stated earlier those of us who live in the city find it difficult at times to even have peace and quiet at home.

It takes years to meditate like a well seasoned guru so I've found a way that would help to get to a meditative faster... how would you feel if you could get to that comfortable, rested, no cares, relaxed, sleep state in just minutes? Well, you can!

And it's not a joke when they say **“Learn To Meditate Deeper Than A Zen Monk!”** You should try it today, you won't regret it. It might be one of the most peaceful you've ever experienced.

Find out right now how it's possible. I have used this technology of Binaural Tones and let me tell you it is VERY effective, even to the point that although nothing negative happened, I was a little frightened by the fact that I had actually been so relaxed and deep into a sleep state by just listening to sounds. Oh! But it was so soothing, almost like a nice hot bath on a cold day. You know the times when you don't want to get out LOL.

**More information below.**

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The links mentioned in this publication for the further and speedy advancement of self improvement from many angles are listed below for your convenience.

- [The NLP Secret](#) – The one NLP Secret that no one will tell you!
- [The Quantum Cookbook](#) – Here's what “The Secret” didn't tell you.
- [Panic Away](#) – Natural, drug-free relief of Panic Attacks and General Anxiety Disorder
- [Meditation Program](#) - “Learn To Meditate Deeper Than a Zen Monk!”

Here's one of the best ways I know to allow yourself to become much more confident and relieve yourself of so much stress and worry. Are you ready?... **LEARN TO MAKE MORE MONEY!** And these are two of the most honest and effective systems I know of.

I'm a member of the forum/blog for both and I've tested some of the methods that do work and all I was doing was testing. That should say something. Holly Mann of Honest Riches is awesome. She's kind, she's honest as you'll see (aka Honest Holly) and here eBook truly shows you how to make money online.

- [Honest Riches](#) by Holly Mann (**Started with nothing and was making \$12,000.00 / mo. In 4 months flat.**)
- [The Millionaire League](#) (Don't let the flashy name fool you)

The millionaire league is great because he has a no B.S. Approach to actually giving several different ways to make money online that you can choose to do as you wish. All of the methods will make money as long as you follow the instruction. I like programs like that. The Millionaire League “walks the walk” :)

In closing I'd like to ask you to please re-read this eBook. Also utilize the links to the various systems and research them. They have made changes for so many people and as I stated I've tried several of the methods they outline and tested the money making procedures of the two online income programs.

Whatever you end up doing, just promise yourself that you won't just push this aside and do nothing or procrastinate. If you have to drop me a line and I'll get on your case LOL.

Make something happen, do something better... Grow!

Thank you for reading.

Good Health – Good Fortune,  
Dan Gonzalez  
[DansReviews.com](#)

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