

LIVE LONGER, FEEL BETTER: 6 TIPS FOR HEALTHY AGEING



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How Live Longer Feel Better

Francisco Contreras



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How to Live Longer and Feel Better Linus Pauling, 2006 Pauling's simple inexpensive plan suggests avoiding sugar stress and smoking working in a job that you like and being happy with your family To avoid serious illness and enjoy a longer life he recommends taking vitamins for optimum health and as insurance against disease P 4 of cover Simple Principles to Feel Better and Live Longer Alex A. Lluch, 2008-02 Are you often tired or without energy Are you anxious or depressed Do you have aches and pains Are you suffering from phobia stress anxiety or constant worry Are you concerned about your future If you answer yes to any of these questions then this book is for you **697 Correct Whispers to Live Longer, Look Younger and Feel Great** Nicholas Mag, The Miracle In this book Nicholas presents you a practical unique subliminal very simple detailed method of how to Live Longer Look Younger and Feel Great You will feel the effects immediately and the results will appear very quickly So it was in my case You will not achieve fulfillment and happiness until YOU become the architect of your own reality Imagine that with a few moments each day you could begin the powerful transformation toward complete control of your own life and well being through this unique subliminal method combined with positive affirmations The order of words is extremely important for every book written by Nicholas These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being blockages that are bringing disease or failure on various plans You don't need a big chunk of your time or expensive programs Everything is extremely simple Health money prosperity abundance safety stability sociability charisma sexual vitality erotic attraction will optimism perseverance self confidence tenacity courage love loving relationships self control self esteem enthusiasm refinement intuition detachment intelligence mental calm power of concentration exceptional memory aspiration transcendence wisdom compassion You have the ability to unlock your full inner potential and achieve your ultimate goals This is the age old secret of the financial elite world class scholars and Olympic champions For example when you watch the Olympics you'll find one consistency in all of the champions Each one closes their eyes for a moment and clearly affirms visualizes themselves completing the event flawlessly just before starting Then they win gold medals and become champions That's merely one example of how the real power of mind can elevate you above any of life's challenges By reading this book you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill Nicholas will guide you to touch your longed for dream and will make you see life from a new perspective full of freshness and success This book helps you step by step in a natural way in just 3 minutes a day to change your misguided way of thinking and to Live Longer Look Younger and Feel Great NOTE For good Nicholas keep the price of the book as lower as he can even if it is a hard work behind this project A significant portion of the earnings from the sale of the book are used for these purposes for charity volunteer projects nature restoration and other inspired ideas to do good where it is needed If you can not afford to buy the book please contact Nicholas and he will give you a free copy You also have a bonus

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regain instruction on exercise a general index a recipe index and scientific references All measurements are given in both U S customary and metric units

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