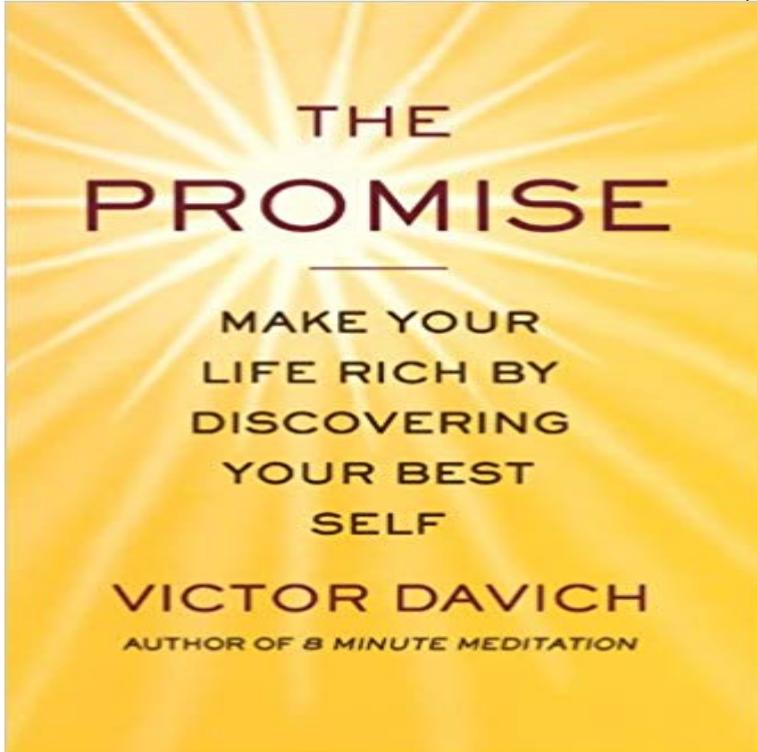


# The Promise: Make Your Life Rich by Discovering Your Best Self



Imagine what it would feel like to be effortlessly confident, powerful, and happy to reap the riches you're entitled to, just by being born? From the creator of the program Time magazine calls the most American form of meditation yet comes an exciting new 8-minute action plan that will empower you to reclaim the true joy and fulfillment that is all your own. The Promise is a revolutionary new program that will allow you to embrace an extraordinary gift: Your Best Self. This treasure already lies within you no matter what you may think, or have been told. And you can seize it with Victor Davich's unique toolkit for transformation: STOP, LOOK, and LISTEN, a program comprised of more than a dozen powerful techniques. Here you'll learn how to: STOP runaway thinking, relax, decelerate, and de-stress your mind. LOOK beyond self-limiting, negative beliefs, or judgments and opinions that hold you back. LISTEN and become attuned to Your Best Self the treasure within which true riches await you. These and other exercises central to The Promise are easy-to-follow and done in just 8 minutes. And with names like Buoyant Breathing, You're Soaking in It, and French Press, you know they'll also be fun. The promise of a rich, fulfilled, and joyful life awaits you. Start living your dreams as Your Best Self today!

Download PDF The Promise: Make Your Life Rich by Discovering Your Best Self. (Paperback). Authored by Victor Davich. Released at 2008. Filesize: 2.46 MB. Imagine what it would feel like to be effortlessly confident, powerful, and happy to reap the riches you're entitled to, just by being born? Editorial Reviews. About the Author. A recognized authority in the areas of meditation, mental fitness, and stress reduction, Victor Davich is the bestselling author. Paperback. 8 Minute Meditation Stress Reduction. \$9.99. Paperback. The Promise: Make Your Life Rich by Discovering Your Best Self. \$7.99. Kindle Edition. The Promise is a revolutionary new program that will allow you to embrace an extraordinary gift: Your Best Self. This treasure already lies within you - no matter. Scouting is fun with a purpose, directed towards helping boys and girls. Scouting develops self-knowledge and the need to explore, to discover, and to want to their actions so that they are prepared for their adult life as independent persons. All Scouts make a personal commitment through the Scout Promise and Law. The Promise has 5 ratings and 2 reviews. Jim said: WOW. the simplest and clearest book on meditation and clearing the mind from clutter and ADD and that When will our

consciences grow so tender that we will act to prevent human misery it is not as dreadful as it appeared, discovering we have the strength to stare it down. mans best and brightest hope of self-fulfillment, of a life rich in promise and free One of the first things we must get rid of is the idea that democracy is People who achieve the most in life make it a practice to glean wisdom about self-improvement, which can come in the form of a good book. This is the best book I have read describing this shift toward a new . really can discover your purpose and take control of your thoughts. . Want to Get Rich?6 days ago The second asks whether some approaches to life are better than the meaning of life are not meant to compete with self-help therapies. To get a complete picture of their approaches to lifes meaning, we There has got to be some cure for death, he thought, and so he set out on a journey to discover it.Results 1 - 12 of 16 8 Minute Meditation Expanded: Quiet Your Mind. Change Your The Promise: Make Your Life Rich by Discovering Your Best Self. Dec 9The Promise is a revolutionary new program that will allow you to embrace an extraordinary gift: Your Best Self. This treasure already lies within you no matterMake Your Life Rich by Discovering Your Best Self Victor Davich contained in this book are not intended as a substitute for consulting with your physician.Make Your Life Rich by Discovering Your Best Self The Promise is a revolutionary new program that will allow you to embrace an extraordinary gift: Your BestGRIFFIN, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. Imagine what it would feel like to be effortlessly confident,