



Bullet Points

- You will learn how to consciously activate the unlimited power within yourself so that you can create the life you choose.
- You will learn of a specific process that has helped people become aware of their passions and purpose and how you can use it in your own life.
- You will learn how to use the latest research in neuroscience to change your brain and ultimately your life.
- You will learn how to take your life in your own hands so that things don't happen *to* you, they happen *because* of you.

The difference between this book and the others is that Dr. Gardner not only tells you what's possible when one learns to tap into their unlimited potential, she provides you with a proven step-by-step process so that you can actually achieve the same results.