

**FOR A
HAPPIER &
HEALTHIER
LIFE**

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**DO WHAT
YOU LOVE.
HEALTH &
HEALING
WILL
FOLLOW.**

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**YOU HAVE YOUR OWN UNIQUE TALENTS AND
LIFE MISSION. CONNECT WITH THEM, AND
EVERYTHING ELSE FLOWS EASILY.**



FIND AN EXERCISE PROGRAM THAT YOU ENJOY, AND DO IT REGULARLY.





SURROUND YOURSELF WITH PEOPLE THAT
MAKE YOU FEEL GOOD.

TAKE CARE OF UNFINISHED BUSINESS.

Address the negative emotional states that bring you down, such as anger, fear, worry, sadness, through meditation, counseling, hypnosis, affirmations, etc.





HEAL YOUR RELATIONSHIP
WITH YOUR PARENTS.

MAKE FUN AND RELAXATION
A DAILY PRIORITY.



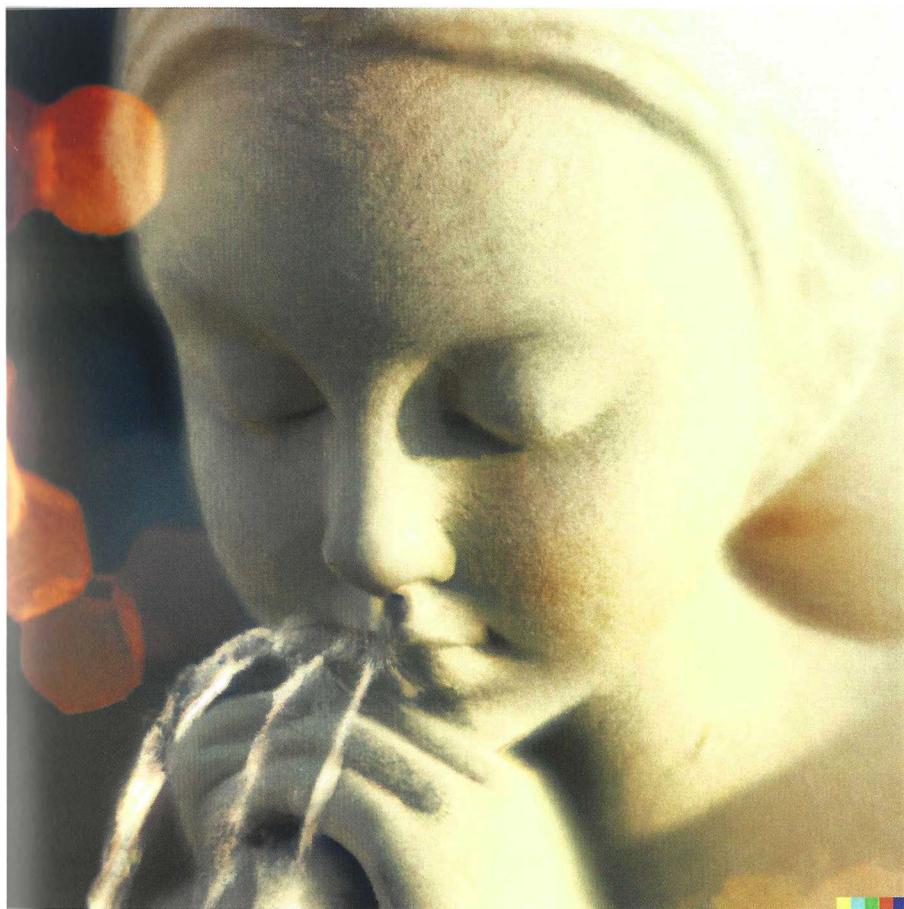


LEARN TO LOVE YOURSELF. REALLY.

We're all lovable, especially when we don't take ourselves too seriously. One you learn to forgive yourself, it's easy to forgive others.

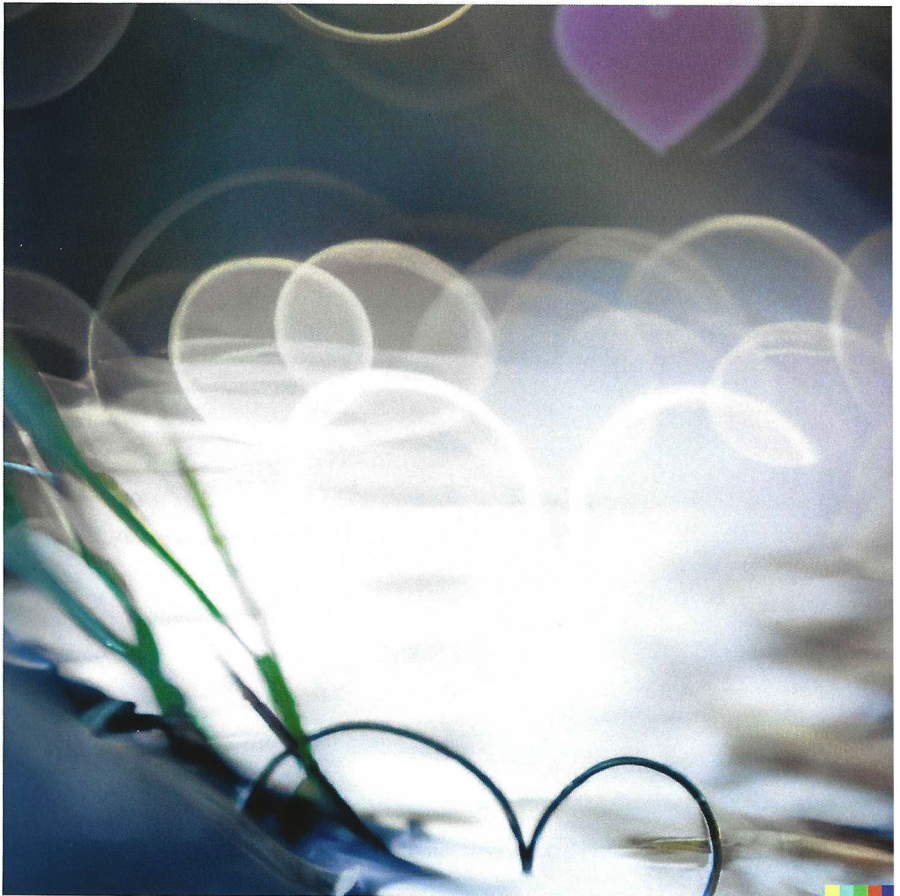
FIND YOUR INNER PEACE
AND DON'T LET GO OF IT.

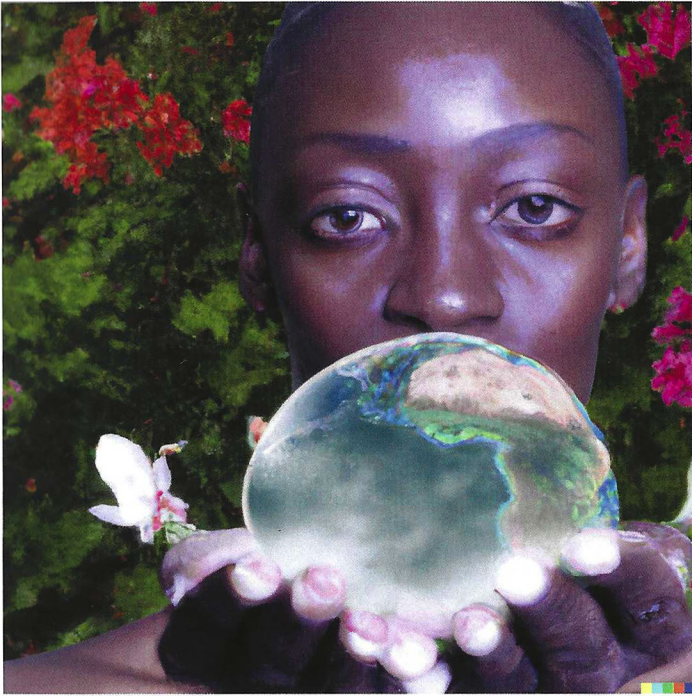
Make decisions that give you the greatest
peace of mind.



CONNECT WITH YOUR SOURCE
AS OFTEN AS YOU CAN.

You may call it God, Inner Guides, Higher Self.
Tap into it as often as possible for it is a source
of knowledge, inspiration, and guidance.





TREAT THE EARTH WELL.

Cleaning up our environment helps us to
cleanse ourselves.

DO THE BEST THAT YOU CAN, AND DON'T
JUDGE OTHERS.





ASK FOR HELP WHEN YOU NEED IT.

Ask others, your guides, God. It's always available, but you must ask for it.

YOUR HOME IS YOUR SANCTUARY.

Fill it with things that support and nurture you.



TAKE CARE OF YOUR BODY.

Your Ferrari needs high octane gasoline. Treat it kindly. Listen to it, for it is always giving you messages.





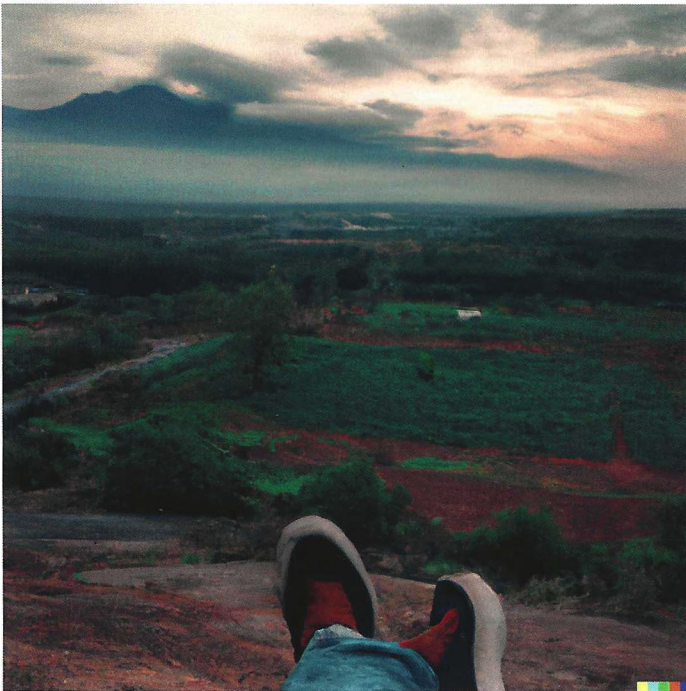
GET OUT INTO NATURE AS OFTEN AS POSSIBLE. EXCUSES LIKE I'M TOO TIRED, OR THERE'S NOT ENOUGH TIME ARE NOT ACCEPTABLE.

Once you decide that "out there" is your friend, everything else flows much easier. Go barefoot in the grass, take hikes, walk the beach. It's a source of great healing.

BE PRESENT AND LIVE EACH DAY
TO THE FULLEST.



TRY TO FIND 15 MINUTES EACH DAY TO BE
COMPLETELY SILENT.



ENJOY SEX AS A LOVING AND SACRED



COMMUNION.

SLOW
DOWN

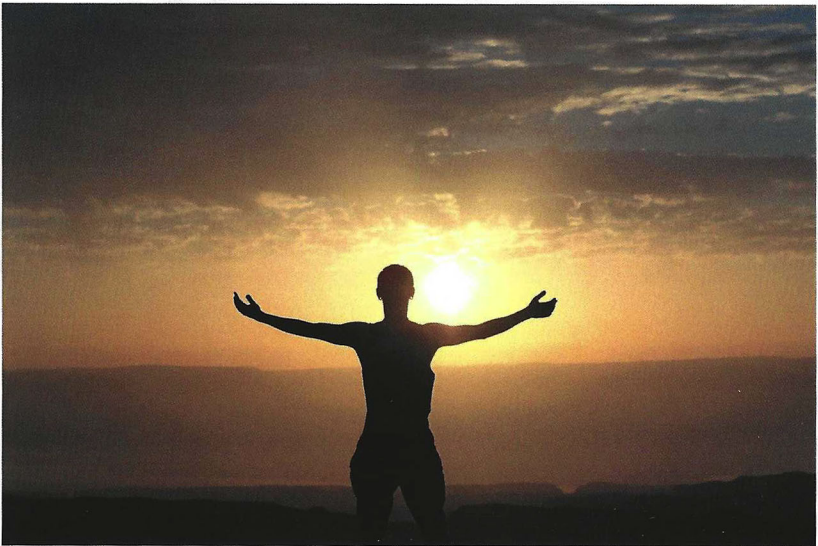
AND

BE
PATIENT

WITH
YOURSELF

AND

EVERYONE
ELSE.



**SEEK OUT YOUR LARGER PURPOSE IN LIFE,
AND HAVE IT GUIDE YOU.**

