



Unleash the Power of Your Mind!: Reach Your True Potential

Estelle Gibbins

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Unleash the Power of Your Mind!: Reach Your True Potential Estelle Gibbins

The aim of this book is to create a comprehensive, easy-to-understand, useful tool to: Help people understand how to use their natural mind power more effectively; Show people how to manifest their dreams into reality quickly and easily; and Help people reach their true potential. You can view this book as an owner's manual for the mind, in that it explains how to utilize your innate mind power more fully, to assist you to succeed in all areas of your life. It is not my intention to tell you how to think, while you work or play. I don't intend to tell you how to do tasks that are specific to your particular occupation, sport, or role in life. This book is about how to "run" your mind more efficiently and effectively, and it is my intention to share with you many simple exercises that will enable you to get the most out of what you already have-and thus receive more remarkable results in any and every aspect of your life.

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