



The ultimate guide to well being

By j Pegler

Chipmunkpublishing. Paperback. Condition: New. 132 pages. Dimensions: 7.9in. x 5.0in. x 0.5in. ISBN: 978 1 84747 006 5 Published: 2007 Pages: 126 Key Themes: self-help, recovery
Description The Ultimate Guide to Well Being is Jason Peglers third book. The goal of the book is to achieve 100 Ultimate Well Being by going through the tasks and exercises in the book and to have fun whilst doing it. Jason reveals the benefits of Neuro Linguistic Programming, Social Entrepreneurship and harnessing Creativity to the general public and people affected by mental health issues. Topics discussed in the book include; having a healthy mind, body and Soul; Knowing what is crucial to your happiness; Inspiring yourself; Inspiring yourself and having time for other people; How can you make the world a better place ; Connecting spiritually; Making the impossible possible and Being creative. Read this book and pass on the techniques to save lives. About the Author Jason Pegler is known internationally for his work as a social entrepreneur. He is 31 years of age and lives in London. He is the author of A Can of Madness, Curing Madness and The Ultimate Guide to Well Being. He is also the CEO of Chipmunkpublishing...



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Bernie Mante PhD